

September 2026

Mystic Valley Aging Services

Chopped / Ground / Puree

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Beef Teriyaki Bowl w/ Scallions Lo Mein Noodles Corn w/ Peppers Soft Fruit Nutritional Shake Calories 864 Sodium 643mg	BBQ Chicken Thigh Mashed Sweet Potatoes California Blend Vegetables Soft Fruit Nutritional Shake Calories 760 Sodium 617mg	Hot Dog (Beef) Baked Pinto Beans Green Beans & Red Peppers Soft Fruit Nutritional Shake Calories 850 Sodium 908mg	Roast Turkey w/ Gravy Mashed Potatoes Broccoli Soft Fruit Nutritional Shake Calories 645 Sodium 848mg
7	8	9	10	11
Holiday No Meals	Three Bean Chicken Chili w/ Shredded cheese Carrots Soft Fruit Nutritional Shake Calories 817 Sodium 791mg	Beef w/ Onions & Peppers Mashed Potatoes Mixed Vegetables Soft Fruit Nutritional Shake Calories 820 Sodium 413mg	Torta di Polenta (Pork Sausage & Beef) Polenta w/ Cheese Kale & Peppers Soft Fruit Nutritional Shake Calories 898 Sodium 729mg	Cheesy Chicken & Rice Casserole Seasoned Rice Green Peas Soft Fruit Nutritional Shake Calories 980 Sodium 782mg
14	15	16	17	18
Seafood Cajun Pasta Whole Grain Pasta Broccoli Soft Fruit Nutritional Shake Calories 730 Sodium 749mg	Rosemary & Garlic Chicken Orzo Mixed Root Vegetables Soft Fruit Nutritional Shake Calories 796 Sodium 702mg	Whole Grain Cheese Lasagna w/ Turkey Bolognese & Parmesan Tuscan Blend Vegetables Soft Fruit Nutritional Shake Calories 789 Sodium 845mg	Salmon with Peach-Mango Salsa Mashed Sweet Potatoes California Blend Vegetables Soft Fruit Nutritional Shake Calories 687 Sodium 360mg	Shepherds Pie Mashed Potatoes Carrots Soft Fruit Nutritional Shake Calories 870 Sodium 558mg
21	22	23	24	25
Tuscan Chicken Mashed Potatoes Mixed Vegetables Soft Fruit Nutritional Shake Calories 810 Sodium 484mg	Beef Stew Mashed Potatoes Green Peas Soft Fruit Nutritional Shake Calories 852 Sodium 400mg	Hot Ham & Cheese Mashed Sweet Potatoes Broccoli Soft Fruit Nutritional Shake Calories 702 Sodium 1008mg	Chicken Cacciatore Tortellini Vegetable Medley Soft Fruit Nutritional Shake Calories 769 Sodium 820mg	Shrimp & Grits Cheesy Grits Brussel Sprouts Soft Fruit Nutritional Shake Calories 704 Sodium 822mg
28	29	30		
American Chop Suey (Beef) Whole Grain Pasta Mixed Vegetables Soft Fruit Nutritional Shake Calories 793 Sodium 495mg	Chicken Saltimboca Mashed Potatoes Green Beans & Red Peppers Soft Fruit Nutritional Shake Calories 807 Sodium 631mg	Pot Roast w/ Brown Gravy Mashed Sweet Potatoes Brussel Sprouts Soft Fruit Nutritional Shake Calories 697 Sodium 841mg		

To cancel your meal please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303
Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine. Items prepared to texture ordered.