

October 2026

Mystic Valley Aging Services

Chopped / Ground / Puree

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Stewed Tomato White Fish Mashed Potatoes Brussel Sprouts Soft Fruit Nutritional Shake Calories 680 Sodium 504mg	White Bean & Chicken Chili w/Cheese Mashed Potatoes California Blend Vegetables Soft Fruit Nutritional Shake Calories 771 Sodium 576mg
5	6	7	8	9
Chicken Scampi Pasta Green Beans & Red Peppers Soft Fruit Nutritional Shake Calories 790 Sodium 385mg	Tomato Bruschetta Chicken Mashed Potatoes Mixed Vegetables Soft Fruit Nutritional Shake Calories 706 Sodium 356mg	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Soft Fruit Nutritional Shake Calories 784 Sodium 554mg	Lentil Bolognese & Parmesan Garnish Whole Grain Pasta Broccoli Soft Fruit Nutritional Shake Calories 683 Sodium 473mg	Beef Stew Mashed Potatoes Vegetable Medley Soft Fruit Nutritional Shake Calories 803 Sodium 415mg
12	13	14	15	16
Holiday No Meals	Salmon with Pineapple-Mango Salsa Mashed Potatoes Kale & Red Peppers Soft Fruit Nutritional Shake Calories 741 Sodium 319mg	Pot Roast w/ Gravy Mashed Potatoes Green Beans Soft Fruit Nutritional Shake Calories 610 Sodium 478mg	Chicken Tacos Mashed Potatoes Black Beans, Corn & Peppers Soft Fruit Nutritional Shake Calories 743 Sodium 534mg	Whole Grain Cheese Lasagna w/ Pesto Cream Sauce Carrots Soft Fruit Nutritional Shake Calories 706 Sodium 807mg
19	20	21	22	23
Egg Omelet Polenta Mixed Vegetables Soft Fruit Nutritional Shake Calories 668 Sodium 495mg	Herb Crusted White Fish w/ Lemon Mashed Potatoes Carrots Soft Fruit Nutritional Shake Calories 712 Sodium 614mg	Lemon Ricotta Chicken Mashed Sweet Potatoes Brussel Sprouts Soft Fruit Nutritional Shake Calories 712 Sodium 317mg	American Chop Suey (Turkey) Pasta Green Beans w/ Red Peppers Soft Fruit Nutritional Shake Calories 731 Sodium 433mg	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Soft Fruit Nutritional Shake Calories 860 Sodium 574mg
26	27	28	29	30
Braised Beef w/ Peppers & Onions Mashed Potatoes Green Peas Soft Fruit Nutritional Shake Calories 847 Sodium 383mg	Curried Chicken Mashed Potatoes Carrots Soft Fruit Nutritional Shake Calories 719 Sodium 385mg	Maple Glazed Pork Mashed Potatoes Mixed Root Vegetables Soft Fruit Nutritional Shake Calories 735 Sodium 365mg	Stewed Tomato White Fish Mashed Potatoes Brussel Sprouts Soft Fruit Nutritional Shake Calories 680 Sodium 504mg	White Bean & Chicken Chili w/Cheese Mashed Potatoes California Blend Vegetables Soft Fruit Nutritional Shake Calories 771 Sodium 576mg

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.