TRIO CHILLED MENU

A confidential, voluntary donation of $2 per meal is suggested.

Mystic Valley Elder Services

MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
( ) indicates sodium in milligrams * indicates a higher-sodium item V indicates a vegetarian item	Note: Reservations for Lunch at least one day in advance before 11:30 AM: 978-664-5600	1 Ham and Swiss Cheese*(545) Mustard Tossed Salad Italian Pasta Salad Bread Milk Fresh Fruit Sodium:1144/Cal: 876	2 Broccoli Cheese Soup/Crx. Breaded fish Tartar Sauce Rice Pilaf Carrots Bread/Milk/Margarine Pears Sodium: 919/Cal: 983	3 Tuna Salad Cole Slaw Barley Raisin Salad Bread Milk Diet Chocolate Pudding Sodium: 779/Cal: 700
6 Hamburger O'Brien Potatoes Mixed Vegetables Hamburger Roll Ketchup Milk/Margarine Pears Sodium: 753/Cal: 698	7 Minestrone Soup/Crx. Chicken Scallopini Buttered Seasoned Orzo Spinach Bread Milk/Margarine Fresh Fruit Sodium: 1040/Cal: 818	8 Turkey and Swiss Cheese Mayo Carrot Raisin Salad Orzo Vegetable Salad Bread Milk Fresh Fruit Sodium: 962/Cal: 980	9 Lasagna*(557) Chicken Meatball Zucchini & Red Peppers Tossed Salad Bread Milk/Margarine Chocolate Chip Cookie Sodium: 1132/Cal: 681	10 Egg Salad (v) Italian Pasta Salad Summer Squash Salad Bread Milk Lorna Doones Sodium: 647/Cal: 1028
13 American Chop Suey Italian Vegetables Wheat Roll Milk/Margarine Pears Sodium: 790/Cal: 943	14 Chicken Vegetable Soup/Crx. Chicken Cacciatore*(644) Buttered Noodles Spinach Bread Milk/Margarine Peaches Sodium: 1173/Cal: 835	15 Cheese Pizza* Tossed Salad *Reservations must be made by Monday March 13th	16 St Patrick's Day Special >>HIGH SODIUM MEAL<< Corned Beef Stew*(886) Boiled Parsley Potatoes Bread Milk/Margarine Boston Cream Cup Sodium: 1429/Cal: 835	17 Tuna Salad Balsamic Pasta Salad Carrot Pineapple Salad Bread Milk Peaches Sodium: 598/Cal: 805
20 Broccoli & Mushroom Frittata(V) Potato Wedges Green Beans Bread Milk/Margarine Vanilla Pudding Sodium: 588/Cal: 802	21 Baked Ziti*(744) Chicken Meatball Zucchini Bread Milk/Margarine Pears Sodium: 1025/Cal: 758	22 Tuna Salad English Pea Salad Squash, Zucchini Salad Bread Milk Cookies Sodium: 810/Cal: 767	23 Meatloaf with Mushroom Gravy Red Bliss Potatoes Beets Bread Milk/Margarine Oatmeal Raisin Cookie Sodium: 708/Cal: 790	24 Egg Salad(v) Root Vegetable Salad Broccoli, Feta, Orzo Salad Bread Milk Diet Vanilla Pudding Sodium: 816/Cal: 770
27 Vegetable Soup/Crx. Chicken Stir Fry Jasmine Coconut Rice Bread Milk/Margarine Mandarin Oranges Sodium: 1005/Cal: 814	28 American Chop Suey Tuscany Vegetables Bread Milk/Margarine Fresh Fruit Sodium: 876/Cal: 1013	29 Ham and Swiss Cheese*(545) Mustard Barley Raisin Salad Carrot Pineapple Salad Bread Milk Mixed Fruit Sodium: 1207/Cal:877	30 Hot Dog*(550) Cole Slaw Baked Beans Hot Dog Roll Ketchup, Mustard, Relish Milk Mixed Fruit Sodium: 1148/Cal: 816	31 Vegetarian Chef Salad*(555)(v) Sweet Potato Salad Snack Muffin Margarine Milk Fresh Fruit Sodium: 912/Cal:733

Menu subject to change without notice. Available also at www.mvea.org