



Mystic Valley Elder Services

October 2024

City Fresh Caribbean Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*Menu Subject to Change Without Notice. Also available at MVES.Org Menu Includes nutrition from 8oz of 2% milk served with meal daily.	1 Pork & Bean Stew Yellow Rice Green Peas Wheat Roll Fruit Snack Loaf Margarine Cal:813 CHO:105g Na:700mg	2 Haitian Stewed Chicken Drumstick Yucca Green Beans w/ Red Peppers Garlic Bread Fruit Margarine Cal:721 CHO:113g Na:580mg	3 Caribbean Beef w/ Peppers & Onions Mashed Potatoes Broccoli Wheat Bread Pound Cake Margarine Cal:721 CHO:92g Na:747mg	4 Braised Chickpeas & Chorizo Plantains Black Beans & Corn Wheat Bread Fruit Margarine Cal:706 CHO:122g Na:837mg
	7 Pastel de Tuna White Rice & Lentils Carrots Dinner Roll Mixed Fruit Margarine Cal:700 CHO:91g Na:913mg	8 BBQ Jerk Chicken Yellow Rice Vegetable Medley Cornbread Loaf Fruit Margarine Cal:870 CHO:117g Na:915mg	9 Lentil Okra Coconut Stew Roasted Potatoes Mixed Vegetables Wheat Bread Chocolate Pudding Margarine Cal:790 CHO:109g Na:575mg	10 Haitian Spaghetti (Beef) Whole Grain Pasta Green Peas Cornbread Loaf Oatmeal Cookie Margarine Cal:933 CHO:96g Na:1197mg
14 Holiday - No Meals	15 Pork Empanada w/ Lime wedge Brown Rice & Pigeon Peas Carrots Wheat Bread Fruit Margarine Cal:895 CHO:109g Na:697mg	16 Beef Picadillo Rice and Beans Mixed Vegetables Wheat Bread Mini Apple Bites Margarine Cal:1004 CHO:116g Na:683mg	17 Stewed Tomato White Fish Yellow Rice Kale & Peppers Wheat Roll Fruit Margarine Cal:625 CHO:75g Na:603mg	18 Frango Assado (Brazilian Chicken) Yucca Green Beans w/ Red Peppers Breadstick Vanilla Pudding Margarine Cal:817 CHO:107g Na:722mg
21 Cachupa Rica White Rice Brussel Sprouts Wheat Bread Fruit Cup Margarine Cal:691 CHO:96g Na:526mg	22 Arroz con Camarones (Shrimp) White Rice Vegetable Medley Wheat Roll Fruit Margarine Cal:681 CHO:95g Na:783mg	23 Pork w/ Pineapple-Mango Salsa Plantains Broccoli Hawaiian Roll Fruit Snack Loaf Margarine Cal:703 CHO:85g Na:565mg	24 Dominican Style Roast Turkey Baked Sweet Potatoes Carrots Garlic Breadstick Fruit Margarine Cal:738 CHO:95g Na:916mg	25 Creamy Cajun Chicken Whole Grain Pasta California Blend Vegetables Wheat Bread Fruit Margarine Cal:760 CHO:88g Na:668mg
28 Bistec Encebollado Yellow Rice Garlic Kale White Roll Chocolate Pudding Margarine Cal:826 CHO:100g Na:826mg	29 Caribbean Jerk Pork Yucca California Blend Vegetables Whole Grain Biscuit Fruit Margarine Cal:769 CHO:104g Na:942mg	30 Bacalao (Salt Cod) Rice and Beans Green Peas Wheat Roll Fruit Margarine Cal:780 CHO:100g Na:678mg	31 Curried Chicken Mashed Potatoes Mixed Vegetables Wheat Bread Vanilla Pudding Margarine Cal:826 CHO:110g Na:710mg	Note: To cancel your meal, please call our one day in advance before 11:30 AM.