

January 2025

Mystic Valley Elder Services

City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Menu Subject to change.</p> <p>Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.</p>	<p>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</p> 	<p>New Years Day Holiday – No Meals</p>	<p>Bacalao (Salt Cod) Rice and Beans Green Beans w/ Red Peppers Hawaiian Roll Chocolate Swirl Calories 910 Sodium 712</p>	<p>Dominican Style Chicken Mashed Potatoes Carrots Cornbread Loaf Peach Fruit Cup Calories 738 Sodium 623</p>
6	7	8	9	10
<p>Caribbean Fish Curry Yellow Rice Broccoli & Red Peppers Wheat Roll Pudding Calories 734 Sodium 619</p>	<p>Jamabalaya w/ Chicken & Turkey Kielbasa White Rice Brussel Sprouts Hawaiian Roll Cinnamon Apples Calories 677 Sodium 732</p>	<p>Cod w/ Stewed Tomatoes Rice and Beans Carrots Wheat Roll Fruit Calories 706 Sodium 745</p>	<p>Creamy Cajun Chicken Whole Grain Pasta Green Peas Hawaiian Roll Shortbread Cookie Calories 832 Sodium 634</p>	<p>Pastelon (Latin Beef Lasagna) w/ Beef & Plantains Green Beans w/ Red Peppers Dinner Roll Mandarin Fruit Cup Calories 803 Sodium 587</p>
13	14	15	16	17
<p>Caribbean Jerk Pulled Pork w/ Mango Salsa White Rice & Lentils California Blend Vegetables Wheat Bread Applesauce Calories 687 Sodium 429</p>	<p>Caribbean Beef w/ Peppers & Onions Mashed Potatoes Mixed Winter Vegetables Hawaiian Roll Vanilla Pudding Calories 640 Sodium 586</p>	<p>Jerk Chicken Yucca Corn w/ Peppers Wheat Bread Cinnamon Apples Calories 782 Sodium 785</p>	<p>Pork Linguica w/ Onions White Rice Carrots Wheat Roll Banana Calories 875 Sodium 1029</p>	<p>Roasted Chicken Drumstick Mac & Cheese Collard Greens Wheat Roll Chocolate Chip Cookie Calories 845 Sodium 907</p>
20	21	22	23	24
<p>Martin Luther King Jr. Day Holiday – No Meals</p>	<p>Tuna Pastel w/ Lemon Yellow Rice Broccoli Dinner Roll Applesauce Calories 727 Sodium 822</p>	<p>Chicken w/ Chorizo Creole Sauce White Rice Green Beans w/ Red Peppers Cornbread Vanilla Pudding Calories 869 Sodium 810</p>	<p>Creamy Cajun Salmon Mashed Potatoes Vegetable Medley Wheat Dinner Roll Pound Cake Calories 812 Sodium 834</p>	<p>Cachupa Rica Rice & Beans Garlic Spinach Wheat Bread Peach Fruit Cup Calories 699 Sodium 733</p>
27	28	29	30	31
<p>Beef Picadillo White Rice Zucchini & Peppers Wheat Roll Applesauce Calories 700 Sodium 485</p>	<p>Arroz con Pollo (Chicken) White Rice Mixed Root Vegetables Cornbread Loaf Pear Calories 844 Sodium 567</p>	<p>Latin Shepherd's Pie w/ Beef & Plantains, Potatoes Broccoli Hawaiian Roll Banana Calories 743 Sodium 555</p>	<p>Pork & Bean Stew Yellow Rice Brussel Sprouts Wheat Roll Cinnamon Crumb Cake Calories 910 Sodium 681</p>	<p>Haitian Stewed Chicken Drumstick Yucca Green Beans w/ Red Peppers Dinner Roll Mandarin Orange Cup Calories 653 Sodium 465</p>