


# February 2025

# Mystic Valley Elder Services

# City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject to change.</p> <p>Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.</p>				<p><b>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</b></p>
3	4	5	6	7
<p>Curried Beef Roasted Potatoes Vegetable Medley Wheat Bread Chocolate Pudding</p> <p><b>Calories 788 Sodium 640</b></p>	<p>Haitian Stewed Chicken Drumstick Yucca Carrots Wheat Bread Pudding</p> <p><b>Calories 833 Sodium 616</b></p>	<p>Caribbean Beef w/ Peppers &amp; Onions Stewed Beans Broccoli Wheat Roll Cinnamon Apples</p> <p><b>Calories 660 Sodium 827</b></p>	<p>Braised Chickpeas &amp; Chorizo Plantains Mixed Vegetables Wheat Bread Fig Newton</p> <p><b>Calories 790 Sodium 980</b></p>	<p>Arroz con Camarones (Shrimp) White Rice Spinach &amp; Peppers Cornbread Loaf Mandarin Orange Cup</p> <p><b>Calories 653 Sodium 827</b></p>
10	11	12	13	14
<p>Jamaican Beef Patty Yellow Rice Black Beans, Corn &amp; Peppers Wheat Roll Fruit</p> <p><b>Calories 883 Sodium 841</b></p>	<p>BBQ Jerk Chicken Yellow Rice Brussel Sprouts Wheat Bread Fruit</p> <p><b>Calories 789 Sodium 979</b></p>	<p>Beef Picadillo Brown Rice &amp; Pigeon Peas Zucchini Squash Wheat Bread Pudding</p> <p><b>Calories 820 Sodium 646</b></p>	<p>Sancocho w/ Beef &amp; Chicken &amp; Potatoes California Blend Vegetables Whole Grain Cornbread Mixed Fruit</p> <p><b>Calories 764 Sodium 641</b></p>	<p>Chicken Parmesan Whole Grain Pasta Broccoli Dinner Roll Pound Cake</p> <p><b>Calories 753 Sodium 1145</b></p>
17	18	19	20	21
<p>Presidents' Day Holiday – No Meals</p>	<p>Curried Chicken Mashed Potatoes Kale &amp; Peppers Wheat Roll Fruit</p> <p><b>Calories 667 Sodium 531</b></p>	<p>Cachupa Rica White Rice Vegetable Medley Wheat Roll Mandarin Cup</p> <p><b>Calories 687 Sodium 644</b></p>	<p>Frango Assado (Brazilian Chicken) Yucca Collard Greens Cornbread Vanilla Pudding</p> <p><b>Calories 839 Sodium 620</b></p>	<p>Stewed Tomato White Fish Brown Rice Carrots Dinner Roll Cinnamon Apples</p> <p><b>Calories 660 Sodium 578</b></p>
24	25	26	27	28
<p>Bistec Encebollado (Puerto Rican Steak &amp; Onions) Yellow Rice Green Peas Wheat Roll Oatmeal Cookie</p> <p><b>Calories 753 Sodium 675</b></p>	<p>Pork w/ Pineapple-Mango Salsa Plantains Vegetable Medley Wheat Bread Fruit</p> <p><b>Calories 699 Sodium 328</b></p>	<p>Creamy Cajun Chicken Mashed Potatoes Broccoli Cornbread Loaf Shortbread Cookie</p> <p><b>Calories 816 Sodium 761</b></p>	<p>Haitian Spaghetti (Beef) Whole Grain Pasta Carrots Wheat Roll Mixed Fruit</p> <p><b>Calories 837 Sodium 1118</b></p>	<p>Caribbean Jerk Pork Yucca Mixed Root Vegetables Wheat Roll Fruit</p> <p><b>Calories 675 Sodium 770</b></p>