

March 2025

Mystic Valley Elder Services

City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Jerk Pork Yucca Mixed Root Vegetables Wheat Roll Fruit Calories 728 Sodium 770	Dominican Style Chicken Rice & Beans Stewed Tomatoes Mini Pita Bread Fruit Calories 695 Sodium 761	Whole Grain Cheese Ravioli w/ Lemon Ricotta Parmesan Sauce Spinach & Peppers Wheat Roll Lemon White Chocolate Cookie Calories 757 Sodium 695	Caribbean Beef w/ Peppers & Onions Roasted Potatoes Brussel Sprouts Wheat Bread Vanilla Pudding Calories 650 Sodium 595	Caribbean Fish Curry Yellow Rice Broccoli Oatmeal Roll Banana Calories 770 Sodium 585
10	11	12	13	14
Pork Linguica w/ Onions White Rice Mixed Root Vegetables Hawaiian Roll Mixed Fruit Calories 840 Sodium 933	Jamabalaya w/ Chicken & Turkey Kielbasa White Rice Green Peas Wheat Bread Cinnamon Apples Calories 758 Sodium 528	Pastelon (Latin Beef Lasagna) w/ Beef & Plantains Vegetable Medley Dinner Roll Chocolate Pudding Calories 863 Sodium 701	Cod w/ Stewed Tomatoes Rice and Beans Brussel Sprouts Hawaiian Roll Pear Calories 763 Sodium 571	Jerk Shrimp Rasta Pasta Whole Grain Pasta Green Beans Cornbread Loaf Mandarin Fruit Cup Calories 723 Sodium 1009
17	18 St. Patrick's Day Special Meal	19	20	21
Creamy Cajun Chicken Whole Grain Pasta Mixed Vegetables Wheat Roll Shortbread Cookie Calories 791 Sodium 735	Corned Beef & Cabbage Boiled Potatoes Carrots Oatmeal Roll Brownie Calories 934 Sodium 1454 High Sodium Meal	Jerk Chicken Yucca Broccoli Hawaiian Roll Fruit Calories 750 Sodium 805	Curried Beef Mofungo (Mashed Plantains) California Blend Vegetables Dinner Roll Fruit Calories 731 Sodium 482	Arroz con Frijoles Yellow Rice Corn w/ Peppers Wheat Bread Mixed Fruit Calories 730 Sodium 606
24	25	26	27	28
Cachupa Rica Rice & Beans Brussel Sprouts Hawaiian Roll Vanilla Pudding Calories 707 Sodium 637	Caribbean Jerk Pulled Pork w/ Mango Salsa White Rice & Lentils Mixed Vegetables Wheat Roll Pound Cake Calories 821 Sodium 666	Creamy Cajun Salmon Mashed Potatoes Green Beans & Red Peppers Cornbread Loaf Cinnamon Apples Calories 770 Sodium 592	Beef Picadillo White Rice Garlic Spinach Dinner Roll Fruit Calories 810 Sodium 526	Tuna Pastel w/ Lemon Yellow Rice Broccoli Wheat Roll Fruit Calories 742 Sodium 820
31				
Chicken w/ Chorizo Creole Sauce White Rice Carrots Dinner Roll Orange Calories 737 Sodium 636			Menu Subject to change. Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303