

March 2025

Mystic Valley Elder Services

Haitian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Curried Chicken Mayi Moulen (cornmeal) Succotash Dinner Roll Mixed Fruit Calories 996 Sodium 852	Creole Cod Spanish Rice Asparagus Apple Sauce Whole Grain Bread Calories 821 Sodium 881	Ze ak bannann Haitian Eggs and Plantain Homefries Dinner Roll Jello Calories 939 Sodium 484	Macaroni Au Gratin Grilled Peppers and Onions Stewed Tomato Whole Grain Bread Pear Calories 920 Sodium 521	Jerk Chicken Drumsticks Baked Potato Steamed Corn Braised Cabbage Dinner Roll Peaches Calories 1072 Sodium 891
10	11	12	13	14
Haitian Meatballs Peppers Onions Spaghetti Dinner Roll Pineapple Calories 877 Sodium 615	Haitian Pate (Beef Patty) Rice and Beans Sauteed Okra Whole Grain Bread Pudding Calories 1277 Sodium 1000	Baked Cod Spanish Rice Asparagus Dinner Roll Cookie Calories 860 Sodium 1137	Roast Chicken With Gravy Roast Beets Baked Potato Whole Grain Bread Cake Calories 1030 Sodium 1258 <i>High Sodium Meal</i>	Baked Salmon Epis Fried Plantains Roast Peppers Dinner Roll Orange Calories 858 Sodium 392
17	18	19	20	21
Curried Cod Spanish Rice Broccoli Apple Sauce Dinner Roll Calories 725 Sodium 558	Haitian Spaghetti With Peppers and Onion Roast Mushrooms Whole Grain Bread Pineapples Calories 926 Sodium 1325 <i>High Sodium Meal</i>	Stuffed Cabbage Egg Noodles Dinner Roll Pudding Calories 690 Sodium 920	Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Pear Calories 827 Sodium 609	Curried Chicken Mayi Moulen (cornmeal) Vegetable Potato Medley Whole Grain Bread Apple Calories 1175 Sodium 997
24	25	26	27	28
Haitian Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Fruit Cup Calories 814 Sodium 614	Braised Chicken Roast Beets Baked Potato Apple Sauce Whole Grain Bread Calories 879 Sodium 776	Blackened Swordfish with Mango Salsa, Fried Plantains Spinach Dinner Roll Pears Calories 829 Sodium 743	Beef Stew and Vegetables Mashed Potato Dinner Roll Pudding Calories 925 Sodium 941	Rotisserie Chicken Baked Potato Vegetable Medley Dinner Roll Cookie Calories 770 Sodium 470
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Haitian Fish Stew Roast Potato Steamed Spinach Cake Dinner Roll Calories 760 Sodium 1072			Menu Subject to change. All meal totals include Milk.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303