

*April 2025*

*Mystic Valley Elder Services*

*City Fresh Caribbean*

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.	Latin Shepherd's Pie w/ Beef & Plantains, Potatoes Mixed Root Vegetables Cornbread Loaf Fruit <b>Calories 741 Sodium 955</b>	Haitian Stewed Chicken Drumstick Yucca Mixed Vegetables Dinner Roll Chocolate Chip Cookie <b>Calories 841 Sodium 596</b>	Caribbean Beef w/ Peppers & Onions Stewed Beans Broccoli Oatmeal Roll Pudding <b>Calories 781 Sodium 1064</b>	Lentil Okra Coconut Stew White Rice Vegetable Medley Wheat Roll Mandarin Cup <b>Calories 728 Sodium 494</b>
7	8	9	10	11
Salmon w/ Pineapple-Mango Salsa Roasted Potatoes Black Beans, Corn & Peppers Wheat Roll Fruit <b>Calories 667 Sodium 491</b>	BQ Jerk Chicken Yellow Rice Spinach & Peppers Wheat Roll Pudding <b>Calories 742 Sodium 1051</b>	Pastelon (Latin Beef Lasagna) w/ Beef & Plantains Vegetable Medley Dinner Roll Chocolate Pudding <b>Calories 708 Sodium 355</b>	Beef Picadillo Brown Rice & Pigeon Peas Green Peas Wheat Bread Banana Bread <b>Calories 992 Sodium 683</b>	Arroz con Camarones (Shrimp) White Rice California Blend Vegetables Whole Grain Cornbread Mixed Fruit <b>Calories 665 Sodium 796</b>
14	15	16	17 High sodium meal	18
Cachupa Rica Cilantro Lime Rice Brussel Sprouts Oatmeal Roll Fruit <b>Calories 690 Sodium 688</b>	Bistec Encebollado (Puerto Rican Steak & Onions) Yellow Rice Carrots Dinner Roll Fruit <b>Calories 700 Sodium 571</b>	Braised Chickpeas & Chorizo Plantains Broccoli Wheat Bread Pudding <b>Calories 676 Sodium 922</b>	Baked Ham w/ Maple Brown Sugar Glaze Potatoes au Gratin Green Beans Dinner Roll Pound Cake <b>Calories 741 Sodium 1413</b>	Pescado con Coco White Rice & Lentils Zucchini Squash Wheat Bread Fruit <b>Calories 866 Sodium 370</b>
21	22	23	24	25
Holiday No Meals	Frango Assado (Brazilian Chicken) Yucca Mixed Vegetables Dinner Roll Cinnamon Apples <b>Calories 720 Sodium 424</b>	Jamaican Beef Stew White Rice Brussel Sprouts Wheat Roll Fruit <b>Calories 795 Sodium 476</b>	Arroz con Pollo Yellow Rice Carrots Oatmeal Roll Pudding <b>Calories 820 Sodium 731</b>	Stewed Tomato White Fish Cilantro Lime Rice Broccoli Hawaiian Roll Blueberry Bread <b>Calories 923 Sodium 834</b>
28	29	30		
Pork Linguica w/ Onions Roasted Potatoes Green Beans & Red Peppers Wheat Roll Fruit <b>Calories 758 Sodium 1013</b>	Haitian Spaghetti (Beef) Whole Grain Pasta Mixed Vegetables Dinner Roll Oatmeal Cookie <b>Calories 842 Sodium 1148</b>	Creamy Cajun Chicken Mashed Potatoes Carrots Cornbread Loaf Fruit <b>Calories 795 Sodium 638</b>		<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>