

May 2025

Mystic Valley Elder Services

City Fresh Caribbean

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| | | | 1 | 2 |
| <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>Sancocho w/ Beef & Chicken & Potatoes White Rice Green Peas Wheat Roll Fruit</p> <p>Calories 897 Sodium 545</p> | <p>Caribbean Fish Curry Yellow Rice Broccoli Wheat Roll Pudding</p> <p>Calories 722 Sodium 611</p> |
| 5 | 6 | 7 | 8 | 9 |
| <p>Haitian Stewed Chicken Drumstick Yucca Beets & Greens Whole Grain Cornbread Loaf Applesauce</p> <p>Calories 816 Sodium 664</p> | <p>Jambalaya (Chicken & Turkey Kielbasa) Yellow Rice California Blend Vegetables Wheat Roll Banana</p> <p>Calories 724 Sodium 623</p> | <p>Pastelon (Latin Beef Lasagna) w/ Beef & Plantains Corn & Peppers Hawaiian Roll Pudding</p> <p>Calories 866 Sodium 643</p> | <p>Chicken in Sundried Tomato & Caper Sauce Roasted Potatoes Broccoli Oatmeal Roll Fudge Filled Chocolate Cookie</p> <p>Calories 774 Sodium 941</p> | <p>Caribbean Beef w/ Peppers & Onions Cilantro Lime Rice Carrots Wheat Roll Orange</p> <p>Calories 651 Sodium 564</p> |
| 12 | 13 | 14 | 15 | 16 |
| <p>Cod w/ Stewed Tomatoes White Rice Spinach & Red Peppers Wheat Bread Peach Cup</p> <p>Calories 721 Sodium 559</p> | <p>Pork Linguica w/ Onions White Rice & Lentils Green Peas Dinner Roll Pear</p> <p>Calories 953 Sodium 904</p> | <p>BBQ Jerk Chicken Mofungo (Mashed Plantains) Broccoli Wheat Roll Shortbread Cookie</p> <p>Calories 733 Sodium 941</p> | <p>Curried Beef Rice & Beans Carrots Hawaiian Roll Cinnamon Apples</p> <p>Calories 734 Sodium 509</p> | <p>Tuna Pastel w/ Lemon Stewed Black Beans Brussel Sprouts Wheat Roll Pudding</p> <p>Calories 714 Sodium 1171</p> |
| 19 | 20 | 21 | 22 | 23 |
| <p>Dominican Roast Turkey Yellow Rice Green Beans & Peppers Buttermilk Biscuit Mandarin Fruit Cup</p> <p>Calories 735 Sodium 1096</p> | <p>Chicken w/ Chorizo Creole Sauce Yucca Mixed Vegetables Wheat Roll Pudding</p> <p>Calories 794 Sodium 801</p> | <p>Creamy Cajun Salmon Whole Grain Pasta Broccoli Dinner Roll Banana</p> <p>Calories 790 Sodium 508</p> | <p>Cheeseburger w/ Lettuce & Tomato Sweet Potato Wedges Zucchini & Peppers Wheat Hamburger Bun Pound Cake Ketchup</p> <p>Calories 940 Sodium 1085</p> | <p>Caribbean Pork Tacos w/ Lime Mexican Rice Green Peas Oatmeal Roll Peach Cup</p> <p>Calories 694 Sodium 930</p> |
| 26 | 27 | 28 | 29 | 30 |
| <p>Holiday No Meals</p> | <p>Crispy Chicken w/ Mushroom Okra Sauce White Rice California Blend Vegetables Wheat Roll Orange</p> <p>Calories 800 Sodium 808</p> | <p>Latin Shepherd's Pie w/ Beef, Plantains & Potatoes Carrots Hawaiian Roll Chocolate Chip Cookie</p> <p>Calories 670 Sodium 924</p> | <p>Chicken Sofrito Cilantro Lime Rice Green Beans & Red Peppers Wheat Roll Cinnamon Apples</p> <p>Calories 655 Sodium 490</p> | <p>White Fish w/ Pineapple-Mango Salsa White Rice Green Peas Wheat Roll Fig Newton</p> <p>Calories 835 Sodium 615</p> |