

April 2025

Mystic Valley Elder Services

Haitian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 High sodium meal	2	3 High sodium Meal	4
	Sausage with Peppers and Onions Roast Potato Fruit Cup Whole Grain Bread Calories 695 Sodium 1293	Haitian Pate (Beef Patty) Rice and Beans Sauteed Okra Dinner Roll Applesauce Calories 1169 Sodium 773	Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Apple Crisp Whole Grain Bread Calories 1051 Sodium 1263	Braised Chicken Vegetable Potato Medley Dinner Roll Cookie Calories 854 Sodium 750
7	8	9	10	11
Haitian Meatballs Peppers Onions Spaghetti Dinner Roll Pineapple Calories 877 Sodium 615	Baked Salmon Epis Spanish Rice Spinach Whole Grain Bread Orange Calories 769 Sodium 688	Stuffed Shells Marinara Sauce Steamed Spinach Pudding Dinner Roll Calories 690 Sodium 996	Meatloaf w/Gravy Mashed Potato Peas and Onions Whole Grain Bread Cake Calories 919 Sodium 912	Chicken Pot Pie Steamed Carrots Dinner Roll Peaches Calories 726 Sodium 705
14	15	16	17	18
Beef Stew and Vegetables Mashed Potato Dinner Roll Pudding Calories 925 Sodium 941	Haitian Spaghetti With Peppers and Onion Roast Mushrooms Whole Grain Bread Pineapples Calories 773 Sodium 642	Stuffed Cabbage Egg Noodles Dinner Roll Pudding Calories 734 Sodium 1059	Macaroni Au Gratin Grilled Peppers and Onions Whole Grain Bread Orange Calories 848 Sodium 904	Beef Brisket Mashed Potato Carrots Apple Sauce Dinner Roll Calories 773 Sodium 511
21	22	23	24	25
Holiday No Meals	Smoked Pulled Turkey Peas and Onions Baked Potato Whole Grain Bread Pineapple Cake Calories 850 Sodium 916	Eggplant Stew Mashed Potato Cookie Dinner Roll Calories 868 Sodium 910	Chicken Fritters Succotash Roast Potato Whole Grain Bread Peaches Calories 889 Sodium 977	Rotisserie Chicken Baked Potato Vegetable Medley Dinner Roll Cookie Calories 770 Sodium 470
28	29	30		
Curried Cod Spanish Rice Broccoli Apple Sauce Dinner Roll Calories 957 Sodium 918	Haitian Fish Stew Roast Potato Steamed Spinach Pears Whole Grain Bread Calories 651 Sodium 891	Ze ak bannann Haitian Eggs and Plantain Homefries Dinner Roll Jello Calories 898 Sodium 477	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