

May 2025

Mystic Valley Elder Services

Haitian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 High Sodium Meal	2
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		Macaroni Au Gratin Grilled Peppers and Onions Stewed Tomato Whole Grain Bread Cake Calories 1878 Sodium 1279	Jerk Chicken Drumsticks Baked Potato Braised Cabbage Dinner Roll Peaches Calories 1012 Sodium 802
5	6	7	8 High Sodium Meal	9
Haitian Meatballs Peppers Onions Spaghetti Dinner Roll Pineapple Calories 915 Sodium 608	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 691 Sodium 641	Roast Chicken With Gravy Roast Beets Baked Potato Whole Grain Bread Pear Calories 1030 Sodium 1258	Baked Salmon Epis Fried Plantains Roast Peppers Dinner Roll Orange Calories 858 Sodium 392
12	13	14	15	16
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 773 Sodium 642	Stuffed Cabbage Egg Noodles Dinner Roll Pudding Calories 734 Sodium 1059	Meatloaf w/Gravy Mashed Potato Peas and Onions Whole Grain Bread Pear Calories 853 Sodium 698	Curried Chicken Mayi Moulen (cornmeal) Vegetable Potato Medley Dinner Roll Apple Calories 1150 Sodium 908
19	20	21	22	23
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 Whole Grain Bread Pudding Calories 951 Sodium 1030	Rotisserie Chicken Baked Potato Vegetable Medley Dinner Roll Cookie Calories 770 Sodium 470
26	27	28	29	30
Holiday No Meals	Haitian Fish Stew Roast Potato Steamed Spinach Cake Whole Grain Bread Calories 789 Sodium 1105	Curried Chicken Mayi Moulen (cornmeal) Succotash Dinner Roll Mixed Fruit Calories 1123 Sodium 865	Ze ak bannann Haitian Eggs and Plantain Homefries Whole Grain Bread Jello Calories 964 Sodium 573	Jerk Chicken Drumsticks Baked Potato Braised Cabbage Dinner Roll Peaches Calories 1012 Sodium 802