

June 2025

Mystic Valley Elder Services

City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Pork & Bean Stew Yellow Rice & Pigeon Peas Kale & Peppers Hawaiian Roll Mandarin Fruit Cup Calories 655 Sodium 469	Haitian Stewed Chicken Drumstick Yucca Mixed Vegetables Wheat Roll Fruit Calories 790 Sodium 564	Caribbean Beef w/ Peppers & Onions Stewed Beans Green Beans & Red Peppers Dinner Roll Chocolate Chip Cookie Calories 758 Sodium 846	Sancocho w/ Beef ,Chicken & Potatoes Yellow Rice Broccoli Oatmeal Roll Pudding Calories 967 Sodium 801	Salmon w/ Pineapple-Mango Salsa Roasted Potatoes Black Beans, Corn & Peppers Wheat Roll Fruit Calories 667 Sodium 491
9	10	11	12	13
Lentil Okra Coconut Stew White Rice Brussel Sprouts Cornbread Loaf Fruit Calories 804 Sodium 490	Frango Assado (Brazilian Chicken) Yellow Rice Carrots Wheat Roll Pudding Calories 716 Sodium 614	Pork w/ Peach-Mango Salsa Plantains Broccoli Dinner Roll Fruit Calories 710 Sodium 382	Arroz con Camarones (Shrimp) White Rice Green Peas Wheat Roll Blueberry Bread Calories 870 Sodium 947	BBQ Jerk Drumstick Cilantro Lime Rice Kale & Corn Oatmeal Roll Fruit Calories 817 Sodium 937
16	17	18	19	20
Beef Picadillo Brown Rice & Pigeon Peas Vegetable Medley Wheat Bread Fruit Calories 783 Sodium 479	Pork Linguica w/ Onions Roasted Potatoes California Blend Vegetables Dinner Roll Fruit Calories 764 Sodium 977	Crispy Chicken Black Eyed Peas Collards, Corn & Peppers Cornbread Loaf Banana Bread Calories 1115 Sodium 921	Holiday No Meals	Pescado con Coco Yucca Mixed Root Veggies Wheat Bread Shortbread Cookie Calories 965 Sodium 552
23	24	25	26	27
Curried Beef White Rice & Lentils Green Peas Wheat Roll Fruit Calories 784 Sodium 500	Creamy Cajun Chicken Mashed Potatoes Vegetable Medley Wheat Roll Fruit Calories 670 Sodium 605	Stewed Tomato Shrimp Cilantro Lime Rice Green Beans Wheat Bread Fruit Calories 740 Sodium 804	Arroz con Pollo Yellow Rice Black Bean, Corn & Peppers Wheat Roll Pound Cake Calories 824 Sodium 734	Bistec Encebollado (Puerto Rican Steak & Onions) White Rice Broccoli Dinner Roll Pudding Calories 754 Sodium 683
30				
Chicken, Chorizo & Cheese Pastel Yellow Rice Brussel Sprouts Hawaiian Roll Fruit Calories 795 Sodium 738			Menu Subject to change. Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303