

June 2025

Mystic Valley Elder Services

Haitian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Creole Cod Topped with Peppers, Onions and tomato Yellow Rice Steamed Carrots Dinner Roll Mixed Fruit Calories 710 Sodium 539	Boulet- Haitian Meatballs Caramelized Onions, Peppers Pasta Broccoli Whole Grain Bread Apple Calories 973 Sodium 710	Haitian Eggs and Plantains Home Fries Dinner Roll Apple Sauce Calories 895 Sodium 475	Macaroni Au Gratin Grilled Peppers and Onions Stewed Tomato Whole Grain Bread Cake Calories 878 Sodium 1279	Jerk Chicken Drumsticks Baked Potato Braised Cabbage Dinner Roll Orange Calories 949 Sodium 764
9	10	11	12	13
Chicken Jambalaya With Vegetables and Rice Whole Grain Roll Cookie Calories 733 Sodium 663	Haitian Spaghetti with Meat Sauce peppers and onions Broccoli Whole Grain Bread Apple Sauce Calories 688 Sodium 530	Baked Haddock Spanish Rice Asparagus Dinner Roll Orange Calories 612 Sodium 556	Baked Macaroni Roast Tomatoes Whole Grain Bread Cake Calories 1012 Sodium 1274	Oven Fried Chicken and vegetables Succotash Yellow Rice Whole Grain Roll Jello Calories 972 Sodium 869
16	17	18	19	20
Curried Cod Spanish Rice Broccoli Orange Dinner Roll Calories 748 Sodium 556	Haitian Pate (Beef Patty) Rice and Beans Carrots Whole Grain Bread Pudding Calories1231 Sodium 983	Stuffed Cabbage Egg Noodles Dinner Roll Peaches Calories 645 Sodium 923	Holiday No Meals	Curried Chicken Mayi Moulen (cornmeal) Vegetable Potato Medley Dinner Roll Cookie Calories 1213 Sodium 991
23	24	25	26	27
Ze ak bannann Haitian Eggs and Plantain Homefries Dinner Roll Fruit Cup Calories 928 Sodium 483	Braised Chicken Roast Beets Baked Potato Apple Whole Grain Bread Calories 918 Sodium 775	Blackened Swordfish with Mango Salsa, Fried Plantains Spinach Dinner Roll Pudding Calories 903 Sodium 878	Beef Stew and Vegetables Mashed Potato Whole Grain Bread Fruit Cup Calories 901 Sodium 900	Rotisserie Chicken Baked Potato Vegetable Medley Dinner Roll Cookie Calories 770 Sodium 470
30				
Haitian Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Pear Calories 791 Sodium 608			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