

July 2025

Mystic Valley Elder Services

City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Menu Subject to change. Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.	Haitian Spaghetti (Beef) Whole Grain Pasta Carrots Oatmeal Roll Pudding Calories 984 Sodium 1357	Caribbean Fish Curry White Rice Corn & Peppers Wheat Bread Fruit Calories 765 Sodium 379	BBQ Chicken Sandwich Potato Wedges (Low Na) Zucchini Squash Wheat Bun Pound Cake w/ Strawberries Calories 835 Sodium 848	Holiday No Meals
7	8	9	10	11
Roasted Pork (Pernil) Yellow Rice & Pigeon Peas Vegetable Medley Dinner Roll Fruit Calories 764 Sodium 419	Haitian Stewed Chicken Drumstick Yucca California Blend Vegetables Wheat Roll Pudding Calories 764 Sodium 679	Jambalaya (Chicken & Turkey Kielbasa) Yellow Rice Mixed Vegetables Dinner Roll Fruit Calories 751 Sodium 589	Pastelon w/ Beef & Plantains Green Beans Wheat Bread Fudge Filled Chocolate Cookie Calories 904 Sodium 577	Caribbean Beef w/ Peppers & Onions Cilantro Lime Rice Carrots Dinner Roll Fruit Calories 681 Sodium 514
14	15	16	17	18
Cod w/ Stewed Tomatoes White Rice Kale & Corn Hawaiian Roll Fruit Calories 687 Sodium 515	Pork Linguica w/ Onions White Rice & Lentils Green Peas Cornbread Loaf Fruit Calories 992 Sodium 983	BBQ Jerk Chicken Mofungo (Mashed Plantains) Broccoli Wheat Bread Lemon Square Calories 783 Sodium 796	Beef Picadillo Rice & Beans Carrots Hawaiian Roll Fruit Calories 789 Sodium 491	Tuna Pastel w/ Lemon Stewed Black Beans Brussel Sprouts Wheat Roll Pudding Calories 714 Sodium 1171
21	22	23	24	25
Dominican Roast Turkey Yellow Rice Green Beans & Peppers Buttermilk Biscuit Fruit Calories 740 Sodium 1091	Chicken w/ Chorizo Creole Sauce Yucca Carrots Wheat Roll Pudding Calories 763 Sodium 806	Creamy Cajun Salmon Whole Grain Pasta Mixed Vegetables Dinner Roll Fruit Calories 792 Sodium 520	Arroz con Pollo Yellow Rice Broccoli Wheat Bread Fig Newton Calories 894 Sodium 566	Caribbean Pork Tacos w/ Lime Mexican Rice Green Peas Tortilla Wrap Fruit Calories 692 Sodium 800
28	29	30	31	
Jamaican Beef Stew White Rice California Blend Vegetables Wheat Bread Fruit Calories 811 Sodium 399	Latin Shepherd's Pie w/ Beef, Plantains & Potatoes Green Beans & Red Peppers Cornbread Loaf Fruit Calories 680 Sodium 908	White Fish w/ Pineapple-Mango Salsa White Rice Carrots Hawaiian Roll Pudding Calories 714 Sodium 531	Chicken Sofrito Cilantro Lime Rice Green Peas Wheat Roll Fruit Calories 726 Sodium 487	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance be- fore 11:30 AM: 781-388-2303 CITY FRESH FOODS