

August 2025

Mystic Valley Elder Services

City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
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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			Pork & Bean Stew Yellow Rice & Pigeon Peas Kale & Peppers Hawaiian Roll Oatmeal Cookie Calories 691 Sodium 554
4	5	6	7	8
Caribbean Beef w/ Peppers & Onions Stewed Beans Green Peas Wheat Dinner Roll Banana Bread Calories 908 Sodium 1056	Frango Assado (Brazilian Chicken) Yellow Rice Carrots Wheat Roll Pudding Calories 716 Sodium 614	Pork w/ Peach-Mango Salsa Plantains Broccoli Cornbread Loaf Fruit Calories 747 Sodium 462	Arroz con Camarones (Shrimp) White Rice Vegetable Medley Wheat Bread Fruit Calories 741 Sodium 696	BBQ Jerk Drumstick Cilantro Lime Rice Kale & Corn Cornbread Loaf Chocolate Chip Cookie Calories 923 Sodium 937
11	12	13	14	15
Beef Picadillo Brown Rice & Pigeon Peas Brussel Sprouts Hawaiian Roll Fruit Calories 760 Sodium 464	Pork Linguica w/ Onions Roasted Potatoes Mixed Vegetables Wheat Roll Fruit Calories 784 Sodium 1044	Lentil Okra Coconut Stew White Rice Black Bean & Corn Succotash Dinner Roll Pound Cake Calories 912 Sodium 714	Pescado con Coco Yucca Mixed Root Vegetables Wheat Dinner Roll Pudding Calories 885 Sodium 617	Curried Beef White Rice & Lentils Green Beans Wheat Bread Fruit Calories 805 Sodium 415
18	19	20	21	22
Haitian Stewed Chicken Drumstick Yellow Rice Carrots Wheat Bread Fruit Calories 767 Sodium 494	Creamy Cajun Chicken Mashed Potatoes Broccoli Dinner Roll Pudding Calories 734 Sodium 669	Stewed Tomato White Fish Cilantro Lime Rice Green Peas Wheat Roll Fruit Calories 760 Sodium 636	Arroz con Pollo Yellow Rice Zucchini Squash & Red Peppers Wheat Roll Blueberry Bread Calories 904 Sodium 703	Bistec Encebollado (Puerto Rican Steak & Onions) White Rice Carrots Hawaiian Roll Fruit Calories 690 Sodium 551
25	26	27	28	29
Pastel de Tuna w/ Lemon Yellow Rice Mixed Vegetables Cornbread Loaf Fruit Calories 810 Sodium 871	Haitian Spaghetti (Beef) Whole Grain Pasta Black Beans, Corn & Peppers Wheat Roll Pudding Calories 833 Sodium 1246	Salmon w/ Pineapple-Mango Salsa Roasted Potatoes Vegetable Medley Wheat Roll Fruit Calories 670 Sodium 484	Cheeseburger Sweet Potato Wedges Broccoli Wheat Hamburger Bun Peach Crisp Ketchup Calories 978 Sodium 892	Dominican Style Chicken Rice & Beans Brussel Sprouts Wheat Bread Fruit Calories 836 Sodium 516