

August 2025		Mystic Valley Elder Services		Haitian Menu	
Monday		Tuesday		Wednesday	
Thursday		Friday			
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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		Boulet -Haitian Meatballs Caramelized Onions, Peppers Pasta Broccoli Whole Grain Bread Apple Calories 863 Sodium 659	
4		5		6	
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		Creole Cod Topped with Peppers, Onions and tomato Yellow Rice Steamed Carrots Dinner Roll Mixed Fruit Calories 710 Sodium 539	
7		8		9	
Haitian Eggs and Plantains Home Fries Dinner Roll Apple Sauce Calories 895 Sodium 475		Baked Salmon Epis Fried Plantains Roast Peppers Dinner Roll Orange Calories 858 Sodium 392			
11		12		13	
Stuffed Shells Marinara Sauce Steamed Spinach Pudding Whole Grain Bread Calories 682 Sodium 1133		Haitian Pate (Beef Patty) Rice and Beans Carrots Whole Grain Bread Pudding Calories 1231 Sodium 983		Stuffed Cabbage Egg Noodles Dinner Roll Peaches Calories 654 Sodium 923	
14		15		16	
Blackened Pulled Turkey Spanish Rice Steamed Peas Whole Grain Bread Pear Calories 733 Sodium 870		Curried Chicken Mayi Moulen (cornmeal) Vegetable Potato Medley Dinner Roll Cookie Calories 1213 Sodium 991			
18		19		20	
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	
21		22		23	
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			
25		26		27	
Haitian Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Pear Calories 791 Sodium 608		Jerk Chicken Drumsticks Roast Sweet Potato Steamed Corn Whole Grain Bread Fruit Cup Calories 1011 Sodium 952		Stuffed Cabbage Rice and Beans Roast Beets Jello Dinner Roll Calories 824 Sodium 1087	
28		29		30	
Haitian Fish Stew Roast Potato Steamed Spinach Pears Whole Grain Bread Calories 669 Sodium 841		Caribbean Grilled Chicken Rice and Beans Sauteed Okra Dinner Roll Pears Calories 930 Sodium 874			