

October 2025

Mystic Valley Elder Services

City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
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 	White Fish w/ Peach-Mango Salsa White Rice Green Beans & Red Peppers Cornbread Loaf Fruit Calories 735 Sodium 465	Pork & Bean Stew Yellow Rice & Black Eyed Peas Broccoli Wheat Roll Pudding Calories 732 Sodium 624	BBQ Jerk Drumstick Cilantro Lime Rice Mixed Vegetables Wheat Roll Fruit Calories 804 Sodium 867
6	7	8	9	10
Caribbean Beef w/ Peppers & Onions Stewed Beans Green Peas Wheat Dinner Roll Fruit Calories 738 Sodium 816	Frango Assado (Brazilian Chicken) Yellow Rice Mixed Root Vegetables Cornbread Loaf Pudding Calories 828 Sodium 653	Pork w/ Peach-Mango Salsa Plantains Green Beans & Red Peppers Wheat Bread Fruit Calories 733 Sodium 325	Chicken in Sage Cream Sauce w/ Pumpkin & Cheese Ravioli Broccoli Dinner Roll Cinnamon Swirl Calories 1096 Sodium 1038	Arroz con Camarones (Shrimp) White Rice Carrots Cornbread Loaf Fruit Calories 688 Sodium 813
13	14	15	16	17
Holiday No Meals	Beef Picadillo Brown Rice & Pigeon Peas Brussel Sprouts Hawaiian Roll Fruit Calories 704 Sodium 469	Lentil Okra Coconut Stew White Rice Green Peas Dinner Roll Pound Cake Calories 891 Sodium 644	Pescado con Coco Yucca Green Beans Dinner Roll Fruit Calories 911 Sodium 393	Curried Beef White Rice & Lentils Mixed Root Vegetables Wheat Dinner Roll Pudding Calories 775 Sodium 675
20	21	22	23	24
Haitian Stewed Chicken Drumstick Yellow Rice California Blend Vegetables Wheat Bread Fruit Calories 766 Sodium 472	Creamy Cajun Chicken Mashed Potatoes Broccoli Dinner Roll Pudding Calories 734 Sodium 671	Stewed Tomato White Fish Cilantro Lime Rice Carrots Wheat Roll Fruit Calories 710 Sodium 672	Arroz con Pollo Yellow Rice Brussel Sprouts Wheat Roll Apple Bites Calories 904 Sodium 601	Bistec Encebollado (Puerto Rican Steak & Onions) White Rice Mixed Vegetables Cornbread Loaf Fruit Calories 846 Sodium 646
27	28	29	30	31
Pastel de Tuna w/ Lemon Yellow Rice Vegetable Medley Wheat Roll Fruit Calories 732 Sodium 844	Haitian Spaghetti (Beef) Whole Grain Pasta Carrots Dinner Roll Pudding Calories 839 Sodium 1191	Salmon w/ Pineapple-Mango Salsa Roasted Potatoes Vegetable Medley Wheat Bread Fruit Calories 739 Sodium 404	Pork Linguica w/ Onions White Rice Mixed Root Vegetables Cornbread Loaf Fruit Calories 988 Sodium 1029	Dominican Style Chicken Rice & Beans Brussel Sprouts Wheat Roll Fig Newton Calories 880 Sodium 781