

September 2025

Mystic Valley Elder Services

City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	Sancocho w/ Beef & Chicken & Potatoes White Rice Green Beans & Red Peppers Hawaiian Roll Fruit Calories 851 Sodium 473	Beef Picadillo Brown Rice & Pigeon Peas Broccoli Dinner Roll Pudding Calories 775 Sodium 626	Chicken Sofrito Plantains Carrots Whole Grain Cornbread Loaf Fruit Calories 710 Sodium 490	Pork & Bean Stew Yellow Rice & Black Eyed Peas Corn & Peppers Wheat Bread Fruit Calories 822 Sodium 454
8	9	10	11	12
Caribbean Fish Curry White Rice Carrots Whole Grain Buttermilk Biscuit Fruit Calories 740 Sodium 721	Haitian Stewed Chicken Drumstick Yucca California Blend Vegetables Wheat Roll Pudding Calories 765 Sodium 679	Jambalaya (Chicken & Turkey Kielbasa) Yellow Rice Green Peas Wheat Roll Sugar Cookie Calories 841 Sodium 743	Pastelon w/ Beef & Plantains Green Beans Wheat Bread Fruit Calories 825 Sodium 497	Caribbean Beef w/ Peppers & Onions Cilantro Lime Rice Broccoli Hawaiian Roll Fruit Calories 702 Sodium 476
15	16	17	18	19
Cod w/ Stewed Tomatoes White Rice Mixed Vegetables Dinner Roll Fruit Calories 754 Sodium 574	Pork Linguica w/ Onions White Rice & Lentils Vegetable Medley Wheat Roll Fruit Calories 904 Sodium 978	BBQ Jerk Chicken Drumstick Mofungo (Mashed Plantains) Carrots Hawaiian Roll Fruit Calories 710 Sodium 778	Tuna Pastel w/ Lemon Stewed Black Beans Broccoli Wheat Bread Lemon Square Calories 794 Sodium 1063	Roasted Pork (Pernil) Rice & Beans Brussel Sprouts Wheat Roll Pudding Calories 748 Sodium 566
22	23	24	25	26
Dominican Roast Turkey Yellow Rice Green Beans & Peppers Wheat Roll Fruit Calories 750 Sodium 871	Chicken w/ Chorizo Creole Sauce Yucca Mixed Vegetables Wheat Roll Pudding Calories 794 Sodium 801	Creamy Cajun Salmon Whole Grain Pasta Broccoli Dinner Roll Fruit Calories 790 Sodium 507	Arroz con Pollo Yellow Rice Carrots Wheat Bread Chocolate Chip Cookie Calories 816 Sodium 484	Caribbean Pork Tacos w/ Lime Mexican Rice Green Peas Tortilla Wrap Fruit Calories 730 Sodium 935
29	30			
Jamaican Beef Stew Brown Rice California Blend Vegetables Wheat Bread Fruit Calories 835 Sodium 399	Latin Shepherd's Pie w/ Beef, Plantains & Potatoes Kale & Peppers Hawaiian Roll Oatmeal Cookie Calories 751 Sodium 1023	CITY FRESH FOODS	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