

October 2025

Mystic Valley Elder Services

Haitian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
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	Creole Cod Topped with Peppers, Onions and tomato Yellow Rice Steamed Carrots Dinner Roll Mixed Fruit Calories 710 Sodium 539	Haitian Pate (Beef Patty) Rice and Beans Sauteed Okra Whole Grain Bread Apple Sauce Calories 1277 Sodium 1000	Jerk Chicken Drumsticks Roast Sweet Potato Steamed Corn Whole Grain Bread Cookie Calories 1011 Sodium 952
6	7	8	9	10
Stuffed Cabbage Egg Noodles Dinner Roll Pudding Calories 690 Sodium 920	Haitian Spaghetti with Meat Sauce Peppers and onions Broccoli Whole Grain Bread Apple Sauce Calories 688 Sodium 530	Chicken Fritters Succotash Roast Potato Dinner Roll Pineapple Calories 864 Sodium 888	Haitian Eggs and Plantains Home Fries Whole Grain Bread Apple Sauce Calories 898 Sodium 477	Baked Salmon Epis Fried Plantains Roast Peppers Dinner Roll Orange Calories 769 Sodium 688
13	14	15	16	17
Holiday No Meals	Curried Cod Spanish Rice Broccoli Cake Whole Grain Bread Calories 748 Sodium 556	Macaroni Au Gratin Grilled Peppers and Onions Dinner Roll Jello Calories 878 Sodium 1279	Blackened Pulled Turkey Spanish Rice Steamed Peas Whole Grain Bread Pear Calories 733 Sodium 870	Stuffed Shells Marinara Sauce Steamed Spinach Pudding Dinner Roll Calories 722 Sodium 1067
20	21	22	23	24
Ze ak bannann Haitian Eggs and Plantain Home fries Dinner Roll Fruit Cup Calories 898 Sodium 477	Braised Chicken Roast Brussels Sprouts Baked Potato Pear Whole Grain Bread Calories 918 Sodium 775	Stuffed Cabbage Egg Noodles Dinner Roll Pudding Calories 734 Sodium 1059	Haitian Fish Stew Roast Potato Steamed Spinach Cake Whole Grain Bread Calories 760 Sodium 1072	Rotisserie Chicken Baked Potato Vegetable Medley Dinner Roll Cookie Calories 770 Sodium 470
27	28	29	30	31
Haitian Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Cookie Calories 814 Sodium 614	Jerk Chicken Drumsticks Roast Sweet Potato Steamed Corn Whole Grain Bread Fruit Cup Calories 1004 Sodium 952	Sausage with Peppers and Onions Roast Potato Peaches Dinner Roll Calories 704 Sodium 1151	Meatloaf w/Gravy Mashed Potato Peas and Onions Whole Grain Bread Cake Calories 818 Sodium 607	Beef Brisket Mashed Potato Carrots Apple Sauce Dinner Roll Calories 733 Sodium 511