

September 2025

Mystic Valley Elder Services

Haitian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Holiday No Meals	Creole Cod Topped with Peppers, Onions and tomato Yellow Rice Steamed Carrots Dinner Roll Mixed Fruit Calories 710 Sodium 539	Curried Chicken Mayi Moulen (cornmeal) Vegetable Potato Medley Dinner Roll Apple Calories 1150 Sodium 908	Blackened Swordfish with Mango Salsa, Fried Plantains Spinach Whole Grain Bread Pears Calories 855 Sodium 832	Boulet -Haitian Meatballs Caramelized Onions, Peppers Pasta Broccoli Whole Grain Bread Apple Calories 863 Sodium 659
8	9	10	11	12
Haitian Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Fruit Cup Calories 814 Sodium 614	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	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
15	16	17	18	19
Stuffed Shells Marinara Sauce Steamed Spinach Pudding Dinner Roll Calories 682 Sodium 1133	Roast Chicken with Gravy Roast Beets Baked Potato Whole Grain Bread Cake Calories 1030 Sodium 1258	Macaroni Au Gratin Grilled Peppers and Onions Dinner Roll Orange Calories 713 Sodium 764	Blackened Pulled Turkey Spanish Rice Steamed Peas Whole Grain Bread Pear Calories 733 Sodium 870	Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Cake Calories 966 Sodium 823
22	23	24	25	26
Ze ak bannann Haitian Eggs and Plantain Home fries Dinner Roll Fruit Cup Calories 928 Sodium 483	Braised Chicken Roast Beets Baked Potato Apple 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 807 Sodium 1055	Rotisserie Chicken Baked Potato Vegetable Medley Dinner Roll Cookie Calories 770 Sodium 470
29	30			
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 1004 Sodium 952		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