

November 2025

Mystic Valley Elder Services

City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Sancocho w/ Beef & Chicken & Potatoes White Rice Green Beans & Red Peppers Whole Grain Buttermilk Biscuit Fruit Calories 975 Sodium 763	Caribbean Pork Tacos w/ Lime Mexican Rice Mixed Vegetables Tortilla Wrap (2 ea) Vanilla Pudding Calories 768 Sodium 1096	Beef Picadillo Brown Rice & Pigeon Peas Carrots Cornbread Loaf Banana Calories 836 Sodium 595	Chicken Sofrito Plantains Broccoli Dinner Roll Chocolate Chip Cookie Calories 698 Sodium 472	Pork & Bean Stew Yellow Rice & Black Eyed Peas Green Peas Wheat Roll Peach Cup Calories 747 Sodium 520
10	11	12	13	14
Caribbean Fish Curry White Rice Mixed Root Vegetables Cornbread Loaf Orange Calories 782 Sodium 540	Holiday No Meals	Caribbean Beef w/ Peppers & Onions Cilantro Lime Rice Vegetable Medley Dinner Roll Pear Cup Calories 839 Sodium 451	Pastelon w/ Beef & Plantains Broccoli Hawaiian Roll Shortbread Cookie Calories 855 Sodium 680	Haitian Stewed Chicken Drumstick Yucca Green Beans & Red Peppers Wheat Bread Apple Calories 798 Sodium 452
17	18	19	20	21
Cod w/ Stewed Tomatoes White Rice California Blend Vegetables Dinner Roll Chocolate Pudding Calories 762 Sodium 693	Pork Linguica w/ Onions White Rice & Lentils Vegetable Medley Cornbread Loaf Orange Calories 973 Sodium 1017	BBQ Jerk Chicken Drumstick Mofungo (Mashed Plantains) Brussel Sprouts Wheat Bread Apple Calories 781 Sodium 735	Roast Turkey & Gravy Mashed Potatoes & Stuffing Green Beans Dinner Roll Fudge Cookie Calories 732 Sodium 1182	White Fish w/ Peach-Mango Salsa White Rice Green Peas Wheat Roll Vanilla Pudding Calories 740 Sodium 564
24	25	26	27	28
Latin Shepherd's Pie w/ Beef, Plantains & Potatoes Carrots Cornbread Loaf Banana Calories 757 Sodium 1061	Chicken w/ Chorizo Creole Sauce Yucca Kale & Peppers Hawaiian Roll Oatmeal Cookie Calories 752 Sodium 669	Creamy Cajun Salmon Whole Grain Pasta Broccoli Dinner Roll Peach Cup Calories 750 Sodium 508	Holiday No Meals	Arroz con Pollo Yellow Rice Mixed Root Vegetables Cornbread Loaf Pear Calories 854 Sodium 530
31				
		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