

November 2025

Mystic Valley Elder Services

Haitian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Macaroni Au Gratin Grilled Peppers and Onions Dinner Roll Orange Calories 823 Sodium 815	Haitian Beef Kabob Sweet Potato Roast Vegetables Whole Grain Bread Cookie Calories 909 Sodium 778	Creole Cod Topped with Peppers, Onions and tomato Yellow Rice Steamed Carrots Dinner Roll Mixed Fruit Calories 710 Sodium 539	Haitian Fish Stew Roast Potato Steamed Spinach Cake Whole Grain Bread Calories 807 Sodium 1055	Jerk Chicken Drumsticks Roast Sweet Potato Steamed Corn Dinner Roll Pear Calories 962 Sodium 857
10	11	12	13	14
Stuffed Shells Marinara Sauce Steamed Spinach Pudding Dinner Roll Calories 656 Sodium 1043	Holiday No Meals	Eggplant Stew Mashed Potato Cookie Dinner Roll Calories 868 Sodium 910	Curried Chicken Mayi Moulen (cornmeal) Roast Broccoli Whole Grain Bread Cake Calories 1169 Sodium 1157	Dill Salmon Fried Plantains Roast Peppers Dinner Roll Orange Calories 825Sodium 371
17	18	19	20	21
Chicken Fritters Succotash Roast Potato Dinner Roll Pineapple Calories 899 Sodium 885	Curried Cod Spanish Rice Broccoli Cake Whole Grain Bread Calories 898 Sodium 863	Haitian Meatballs Peppers Onions Spaghetti Apple Dinner Roll Calories 916 Sodium 608	Stuffed Cabbage Rice and Beans Roast Beets Jello Whole Grain Bread Calories 849 Sodium 1176	Beef Brisket Mashed Potato Carrots Apple Sauce Dinner Roll Calories 773 Sodium 511
24	25	26	27	28
Ze ak bannann Haitian Eggs and Plantain Homefries Dinner Roll Fruit Cup Calories 928 Sodium 483	Braised Chicken Roast Brussels Sprouts Baked Potato pear Whole Grain Bread Calories 848 Sodium 773	Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Cake Calories 966 Sodium 823	Holiday No Meals	Rotisserie Chicken Baked Potato Vegetable Medley Dinner Roll Cookie Calories 770 Sodium 470
			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