

December 2025

Mystic Valley Elder Services

City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Jamaican Beef Stew Brown Rice Mixed Vegetables Wheat Roll Applesauce Calories 797 Sodium 503	Dominican Style Chicken Rice & Beans Vegetable Medley Wheat Bread Chocolate Pudding Calories 870 Sodium 604	Sancocho w/ Beef & Chicken & Potatoes White Rice Black Beans, Corn & Peppers Dinner Roll Orange Calories 900 Sodium 534	Pork & Bean Stew Yellow Rice & Black Eyed Peas Broccoli Biscuit Applesauce Calories 790 Sodium 752	BBQ Jerk Drumstick Cilantro Lime Rice California Blend Vegetables Wheat Roll Fig Newton Calories 903 Sodium 1030
8	9	10	11	12
Caribbean Beef w/ Peppers & Onions Stewed Beans Green Peas Hawaiian Roll Banana Calories 909 Sodium 724	Frango Assado (Brazilian Chicken) Yellow Rice Green Beans & Red Peppers Wheat Bread Peach Cup Calories 710 Sodium 368	Pork w/ Peach-Mango Salsa Plantains Mixed Root Vegetables Dinner Roll Vanilla Pudding Calories 725 Sodium 534	Bistec Encebollado (Puerto Rican Steak & Onions) Yucca Broccoli Cornbread Loaf Chocolate Chip Cookie Calories 974 Sodium 580	Arroz con Camarones (Shrimp) Yellow Rice Carrots Wheat Bread Pear Calories 690 Sodium 700
15	16	17	18	19
Beef Picadillo Brown Rice & Pigeon Peas California Blend Vegetables Wheat Bread Orange Calories 751 Sodium 457	Lentil Okra Coconut Stew White Rice Brussel Sprouts Wheat Roll Apple Calories 742 Sodium 462	Pescado con Coco (Coconut Fish) Yellow Rice & Black Eyed Peas Green Peas Dinner Roll Orange Calories 934 Sodium 438	Maple Glazed Honey Ham Roasted Potatoes Carrots Dinner Roll Chocolate Swirl Calories 830 Sodium 1171	Curried Beef White Rice & Lentils Mixed Vegetables Wheat Bread Vanilla Pudding Calories 844 Sodium 576
22	23	24	25	26
Haitian Stewed Chicken Drumstick Yucca Edamame, Corn & Pepeprs Cornbread Loaf Banana Calories 925 Sodium 566	Creamy Cajun Chicken Mashed Potatoes Brussel Sprouts Wheat Roll Oatmeal Cookie Calories 690 Sodium 664	Stewed Tomato White Fish Cilantro Lime Rice Mixed Vegetables Cornbread Loaf Apple Calories 850 Sodium 698	Holiday No Meals	Arroz con Pollo Yellow Rice Carrots Wheat Bread Chocolate Pudding Calories 800 Sodium 539
29	30	31		
Pastel de Tuna w/ Lemon Roasted Potatoes Green Peas Wheat Roll Banana Calories 695 Sodium 871	Haitian Spaghetti (Beef) Whole Grain Pasta Vegetable Medley Wheat Bread Apple Calories 870 Sodium 1026	Pork Linguica w/ Onions White Rice Green Beans Dinner Roll Banana Calories 918 Sodium 904	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 CITY FRESH FOODS