

December 2025

Mystic Valley Elder Services

Haitian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Baked Cod Spanish Rice Asparagus Dinner Roll Cookie Calories 691 Sodium 641	Blackened Swordfish with Mango Salsa, Fried Plantains Spinach Whole Grain Bread Pears Calories 829 Sodium 743	Ze ak bannann Haitian Eggs and Plantain Homefries Dinner Roll Jello Calories 964 Sodium 573	Macaroni Au Gratin Grilled Peppers and Onions Stewed Tomato Whole Grain Bread Pear Calories 878 Sodium 1279	Jerk Chicken Drumsticks Baked Potato Steamed Corn Braised Cabbage Dinner Roll Peaches Calories 1012 Sodium 802
8	9	10	11	12
Haitian Meatballs Peppers Onions Spaghetti Dinner Roll Pineapple Calories 915 Sodium 608	Haitian Pate (Beef Patty) Rice and Beans Sautéed Okra Whole Grain Bread Pudding Calories 1277 Sodium 1000	Baked Cod Spanish Rice Asparagus Dinner Roll Cookie Calories 691 Sodium 641	Roast Chicken With Gravy Roast Beets Baked Potato Whole Grain Bread Cake Calories 1030 Sodium 1158	Baked Salmon Epis Fried Plantains Roast Peppers Dinner Roll Orange Calories 858 Sodium 392
15	16	17	18	19
Curried Cod Spanish Rice Broccoli Apple Sauce Dinner Roll Calories 725 Sodium 558	Haitian Spaghetti With Peppers and Onion Roast Mushrooms Whole Grain Bread Pineapples Calories 773 Sodium 642	Stuffed Cabbage Egg Noodles Dinner Roll Pudding Calories 734 Sodium 1059	Meatloaf w/Gravy Mashed Potato Peas and Onions Whole Grain Bread Pear Calories 853 Sodium 698	Curried Chicken Mayi Moulen (cornmeal) Vegetable Potato Medley Dinner Roll Apple Calories 1150 Sodium 908
22	23	24	25	26
Haitian Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Fruit Cup Calories 814 Sodium 614	Braised Chicken Roast Beets Baked Potato Apple Sauce Whole Grain Bread Calories 879 Sodium 776	Blackened Swordfish with Mango Salsa, Fried Plantains Spinach Dinner Roll Pears Calories 829 Sodium 743	Holiday No Meals	Rotisserie Chicken Baked Potato Vegetable Medley Dinner Roll Cookie Calories 770 Sodium 470
29	30	31		
Jerk Chicken Drumsticks Baked Potato Steamed Corn Braised Cabbage Dinner Roll Peaches Calories 962 Sodium 857	Haitian Fish Stew Roast Potato Steamed Spinach Cake Whole Grain Bread Calories 789 Sodium 1105	Curried Chicken Mayi Moulen (cornmeal) Succotash Dinner Roll Mixed Fruit Calories 1123 Sodium 865	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