

February 2026

Mystic Valley Elder Services

City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
				
2	3	4	5	6
Pork w/ Pineapple-Mango Salsa Plantains Carrots Whole Grain Cornbread Loaf Peach Cup Calories 718 Sodium 445 mg	Dominican Style Chicken Rice & Beans Vegetable Medley Wheat Bread Chocolate Pudding Calories 832 Sodium 604 mg	Sancocho w/ Beef, Chicken & Potatoes White Rice Black Beans, Corn & Peppers Dinner Roll Orange Calories 680 Sodium 534 mg	Pork & Bean Stew Yellow Rice & Black Eyed Peas Broccoli Fig Newton Calories 915 Sodium 560 mg	BBQ Jerk Drumstick Cilantro Lime Rice California Blend Vegetables Cornbread Loaf Applesauce Calories 690 Sodium 880 mg
9	10	11	12	13
Caribbean Beef w/ Peppers & Onions Stewed Beans Green Beans & Red Peppers Hawaiian Roll Orange Calories 780 Sodium 734 mg	Frango Assado (Brazilian Chicken) Brown Rice & Pigeon Peas Carrots Dinner Roll Vanilla Pudding Calories 774 Sodium 607 mg	Bistec Encebollado Puerto Rican Steak & Onions Yucca Broccoli Wheat Bread Fruit Cup Calories 761 Sodium 390 mg	Arroz con Atume (Tuna) Yellow Rice Green Peas Wheat Roll Banana Calories 805 Sodium 484 mg	Pot Roast w/ Gravy Baked Sweet Potatoes Vegetable Medley Wheat Roll Chocolate Chip Blondie Calories 770 Sodium 1136 mg
16	17	18	19	20
Holiday - No Meals	Pork Linguica w/ Onions White Rice Green Beans Cornbread Loaf Peach Fruit Cup Calories 877 Sodium 988 mg	Egg & Cheese Broccoli Bake w/ Whole Grain Buttermilk Biscuit Mixed Vegetables Pound Cake Calories 782 Sodium 1111 mg	Arroz con Camarones (Shrimp) Yellow Rice Carrots Wheat Roll Banana Calories 705 Sodium 782 mg	Lentil Okra Coconut Stew White Rice Broccoli Wheat Bread Chocolate Chip Cookie Calories 752 Sodium 467 mg
23	24	25	26	27
Stewed Tomato White Fish Cilantro Lime Rice Brussel Sprouts Wheat Roll Cinnamon Apples Calories 766 Sodium 645 mg	Creamy Cajun Chicken Mashed Potatoes Kale & Red Peppers Wheat Roll Vanilla Pudding Calories 761 Sodium 707 mg	Pork w/ Peach-Mango Salsa Plantains Mixed Root Vegetables Dinner Roll Pear Calories 755 Sodium 405 mg	Haitian Stewed Chicken Drumstick Yucca Edamame, Corn & Pepeprs Cornbread Loaf Banana Calories 795 Sodium 566 mg	Pastel de Tuna w/ Lemon Roasted Potatoes Green Peas Dinner Roll Oatmeal Cookie Calories 742 Sodium 910 mg

To cancel your meal please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303

Menu Subject to change. Totals Include 110mg sodium for milk and 30 mg sodium for Margarine.