

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Holiday - No Meals	Salmon w/ Pineapple-Mango Salsa Roasted Potatoes Beets & Greens Cornbread Loaf Pound Cake Calories 838 Sodium 818 mg
5	6	7	8	9
Coconut Curried Chicken White Rice Mixed Root Vegetables Cornbread Fruit Calories 888 Sodium 500 mg	Beef Picadillo Brown Rice & Pigeon Peas Vegetable Medley Dinner Roll Cinnamon Apples Calories 737 Sodium 516 mg	Caribbean Pork Tacos w/ Lime Mexican Rice Green Peas Tortilla Wrap Shortbread Cookie Calories 724 Sodium 950 mg	Haitian Stewed Chicken Drumstick Plantains Broccoli Hawaiian Roll Chocolate Pudding Calories 712 Sodium 605 mg	Pork & Bean Stew Yellow Rice & Black Eyed Peas Green Beans & Red Peppers Wheat Bread Apple Calories 790 Sodium 428 mg
12	13	14	15	16
Caribbean Fish Curry White Rice Corn Wheat Roll Orange Calories 725 Sodium 465 mg	Pastelon w/ Beef & Plantains Brussel Sprouts Wheat Bread Vanilla Pudding Calories 855 Sodium 633 mg	Chicken Sofrito Yucca California Blend Vegetables Wheat Roll Pear Cup Calories 695 Sodium 449 mg	Cod w/ Stewed Tomatoes White Rice Vegetable Medley Whole Grain Cornbread Loaf Banana Calories 860 Sodium 659 mg	Roasted Chicken Drumstick Mac & Cheese Collard Greens Wheat Roll Pound Cake Calories 878 Sodium 1055 mg
19	20	21	22	23
Holiday - No Meals	Caribbean Beef w/ Peppers & Onions Cilantro Lime Rice Green Peas Whole Grain Cornbread Loaf Applesauce Calories 917 Sodium 536 mg	Pork Linguica w/ Onions White Rice & Lentils Broccoli Wheat Bread Chocolate Pudding Calories 934 Sodium 1021 mg	BBQ Jerk Chicken Drumstick Mofungo (Mashed Plantains) Carrots Wheat Roll Vanilla Cupcake Calories 748 Sodium 1078 mg	White Fish w/ Peach-Mango Salsa White Rice Mixed Root Vegetables Whole Grain Cornbread Loaf Pear Calories 793 Sodium 512 mg
26	27	28	29	30
Latin Shepherd's Pie w/ Beef, Plantains & Potatoes Mixed Vegetables Dinner Roll Orange Calories 693 Sodium 975 mg	Chicken w/ Chorizo Creole Sauce Yucca Kale & Peppers Hawaiian Roll Vanilla Pudding Calories 780 Sodium 710 mg	Creamy Cajun Salmon Whole Grain Pasta Broccoli Wheat Roll Cinnamon Apples Calories 713 Sodium 556 mg	Arroz con Pollo Yellow Rice Vegetable Medley Cornbread Loaf Oatmeal Cookie Calories 855 Sodium 607 mg	Jamaican Beef Stew Brown Rice California Blend Vegetables Wheat Roll Banana Calories 820 Sodium 485 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.