

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Arroz con Pollo Yellow Rice Carrots Wheat Bread Orange Calories 716 Sodium 405 mg	Beef Picadillo Brown Rice & Pigeon Peas California Blend Vegetables Wheat Roll Apple Calories 719 Sodium 544 mg	Caribbean Pork Tacos w/ Lime Mexican Rice Carrots Tortilla Wrap Pear Fruit Cup Calories 636 Sodium 991 mg	Haitian Stewed Chicken Drumstick Plantains Kale & Peppers Cornbread Loaf Vanilla Pudding Calories 785 Sodium 691 mg	Pork & Bean Stew Yellow Rice & Black Eyed Peas Green Beans Hawaiian Roll Shortbread Cookie Calories 811 Sodium 592 mg
9	10	11	12	13
Caribbean Fish Curry White Rice Green Peas Wheat Bread Lemon Cookie Calories 870 Sodium 478 mg	Pastelon w/ Beef & Plantains Broccoli Dinner Roll Cinnamon Apples Calories 770 Sodium 553 mg	Chicken Sofrito Yucca Vegetable Medley Dinner Roll Pear Calories 778 Sodium 422 mg	Cod w/ Stewed Tomatoes White Rice Brussel Sprouts Hawaiian Roll Chocolate Pudding Calories 756 Sodium 665 mg	Caribbean Beef w/ Peppers & Onions Cilantro Lime Rice Green Beans & Red Peppers Wheat Roll Orange Calories 790 Sodium 504 mg
16	17	18	19	20
Arroz con Frijoles Yellow Rice Broccoli Pound Cake Wheat Roll Calories 730 Sodium 946 mg	BBQ Jerk Chicken Drumstick Mofungo (Mashed Plantains) Brussel Sprouts Wheat Bread Vanilla Pudding Calories 802 Sodium 863 mg	Corned Beef & Cabbage Boiled Potatoes Carrots Wheat Roll Shamrock Cookie High Sodium Meal Calories 614 Sodium 1264 mg	White Fish w/ Peach-Mango Salsa White Rice Vegetable Medley Whole Grain Cornbread Loaf Orange Calories 782 Sodium 499 mg	Latin Shepherd's Pie w/ Beef, Plantains & Potatoes Mixed Vegetables Banana Wheat Roll Calories 688 Sodium 1026 mg
23	24	25	26	27
Lentil Okra Coconut Stew White Rice California Blend Vegetables Wheat Roll Pear Cup Calories 729 Sodium 468 mg	Creamy Cajun Salmon Whole Grain Pasta Green Peas w/ Red Peppers Cornbread Loaf Oatmeal Cookie Calories 872 Sodium 707 mg	Arroz con Pollo Yellow Rice Broccoli Chocolate Pudding Dinner Roll Calories 784 Sodium 557 mg	Jamaican Beef Stew Brown Rice Mixed Root Vegetables Wheat Roll Apple Calories 816 Sodium 517 mg	Pork w/ Pineapple-Mango Salsa Plantains Carrots Whole Grain Cornbread Loaf Pear Calories 769 Sodium 436 mg
Stewed Tomato White Fish Cilantro Lime Rice Mixed Vegetables Dinner Roll Orange Calories 761 Sodium 617 mg	Pescado con Coco (Coconut Fish) Yellow Rice & Black Eyed Peas Green Beans Wheat Roll Cinnamon Apples Calories 840 Sodium 491 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.