



MYSTIC VALLEY ELDER SERVICES

September 2024

Caribbean HDM Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Holiday - No Meals	3	Bistec Encebollado (Puerto Rican Steak & Onions) Yellow Rice Green Beans w/ Red Peppers Garlic Bread Fruit Margarine	4	Latin Shepherd's Pie w/ Beef & Plantains, Potatoes Mixed Vegetables Wheat Roll Fruit Margarine	5	Holiday Meal Homemade Oven Fried Chicken Sweet Potato Wedges California Blend Vegetables Cornbread Shortbread Cookie Margarine	6	Arroz con Pollo (Chicken) White Rice Corn w/ Peppers Dinner Roll Vanilla Pudding Margarine
			Cal:875 CHO:106g Na:667mg		Cal:795 CHO:88g Na:518mg		Cal:1073 CHO:130g Na:899mg		Cal:715 CHO:110g Na:736mg
9	Caribbean Fish Curry Yellow Rice Broccoli Bread Stick Cinnamon Apples Margarine	10	Jamabalaya w/ Chicken & Turkey Kielbasa White Rice Vegetable Medley Dinner Roll Fruit Margarine	11	Cod w/ Stewed Tomatoes Rice and Beans Mixed Vegetables Wheat Bread Fig Newton Margarine	12	Creamy Cajun Chicken Whole Grain Pasta Green Beans w/ Peppers Wheat Bread Chocolate Pudding Margarine	13	Pastelon (Latin Beef Lasagna) w/ Beef & Plantains California Blend Vegetables Cornbread Loaf Fruit Margarine
	Cal:740 CHO:87g Na:845mg		Cal:745 CHO:105g Na:966mg		Cal:740 CHO:115g Na:848mg		Cal:793 CHO:100g Na:665mg		Cal:726 CHO:110g Na:637mg
16	Caribbean Jerk Pulled Pork w/ Mango Salsa White Rice & Lentils Carrots Wheat Bread Fruit Margarine	17	Curried Beef Roasted Potatoes Mixed Vegetables Wheat Bread Fruit Snack Loaf Margarine	18	Jerk Chicken Yucca Green Peas Wheat Roll Fruit Margarine	19	Pork Linguica w/ Onions White Rice Brussel Sprouts Wheat Bread Fruit Margarine	20	Tuna Pastel w/ Lemon Yellow Rice Carrots Wheat Roll Chocolate Pudding Margarine
	Cal:870 CHO:100g Na:1090mg		Cal:966 CHO:107g Na:709mg		Cal:720 CHO:95g Na:524mg		Cal:775 CHO:99g Na:908mg		Cal:735 CHO:90g Na:893mg
23	Lentil-Okra Stew Brown Rice & Pigeon Peas California Blend Vegetables Cornbread Loaf Fruit Margarine	24	Chicken w/ Chorizo Creole Sauce White Rice Zucchini Squash Wheat Roll Vanilla Pudding Margarine	25	Creamy Cajun Salmon Mashed Potatoes Green Beans Wheat Bread Fruit Margarine	26	Cachupa Rica Roasted Potatoes Mixed Vegetables Wheat Bread Fruit Margarine	27	Chicken Sofrito Rice and Beans Kale & Red Peppers Wheat Roll Chocolate Swirl Margarine
	Cal:763 CHO:99g Na:649mg		Cal:796 CHO:95g Na:840mg		Cal:756 CHO:89g Na:545mg		Cal:718 CHO:98g Na:958mg		Cal:1055 CHO:107g Na:683mg
30	Beef Picadillo White Rice Broccoli Dinner Roll Mixed Fruit Margarine	Menu subject to change		Totals Include 125mg Na+ for 8oz of milk served daily. () indicates sodium in milligrams * indicates a higher-sodium item V indicates a vegetarian item Each meal contains milk. Sodium and calories already included in daily totals		Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM: 781-388-2303			
	Cal:682 CHO:80g Na:548mg								