



Mystic Valley Elder Services November 2024

City Fresh Caribbean Menu

Monday

Tuesday

Wednesday

Thursday

Friday

<p>To cancel your meal, please call Mystic Valley Nutrition Department at least one day in advance before 11:30 AM. 781-388-2303</p>	<p>Menu Subject to change.</p> <p>Totals Include 105mg Na+ for 8oz of milk served daily</p>			<p>1</p> <p>Sancocho (Beef & Chicken) w/ Potatoes & Yucca Carrots Buttermilk Biscuit Fruit Margarine</p> <p>Cal:766 CHO:71g Na:848mg</p>
<p>4</p> <p>Caribbean Fish Curry Yellow Rice Black Beans, Corn & Peppers Wheat Bread Fruit Margarine</p> <p>Cal:792 CHO:103g Na:435mg</p>	<p>5</p> <p>Jamabalaya w/ Chicken & Turkey Kielbasa White Rice Brussel Sprouts Cornbread Loaf Chocolate Pudding Margarine</p> <p>Cal:705 CHO:73g Na:959mg</p>	<p>6</p> <p>Cod w/ Stewed Tomatoes Rice and Beans Green Beans w/ Red Peppers Wheat Bread Fruit Margarine</p> <p>Cal:793 CHO:102g Na:624mg</p>	<p>7</p> <p>Creamy Cajun Chicken Whole Grain Pasta Mixed Root Vegetables Hawaiian Roll Fruit Margarine</p> <p>Cal:758 CHO:93g Na:529mg</p>	<p>8</p> <p>Pastelon (Latin Beef Lasagna) w/ Beef & Plantains Carrots Wheat Roll Cinnamon Crumb Cake Margarine</p> <p>Cal:982 CHO:115g Na:798mg</p>
<p>11</p> <p>Holiday - No Meals</p>	<p>12</p> <p>Caribbean Jerk Pulled Pork w/ Mango Salsa White Rice & Lentils California Blend Vegetables Wheat Bread Fruit Margarine</p> <p>Cal:706 CHO:84g Na:427mg</p>	<p>13</p> <p>Jerk Chicken Yucca Green Beans w/ Red Peppers Wheat Roll Vanilla Pudding Margarine</p> <p>Cal:779 CHO:108g Na:969mg</p>	<p>14</p> <p>Pork Linguica w/ Onions White Rice Carrots Wheat Bread Cinnamon Apples Margarine</p> <p>Cal:865 CHO:89g Na:946mg</p>	<p>15</p> <p>Tuna Pastel w/ Lemon Yellow Rice Corn w/ Peppers Wheat Bread Chocolate Chip Cookie Margarine</p> <p>Cal:851 CHO:115g Na:797mg</p>
<p>18</p> <p>Lentil-Okra Stew Brown Rice & Pigeon Peas Broccoli Dinner Roll Fruit Margarine</p> <p>Cal:726 CHO:109g Na:681mg</p>	<p>19</p> <p>Chicken w/ Chorizo Creole Sauce White Rice Vegetable Medley Wheat Bread Chocolate Pudding Margarine</p> <p>Cal:858 CHO:98g Na:730mg</p>	<p>20</p> <p>Creamy Cajun Salmon Mashed Potatoes Carrots Cornbread Loaf Fruit Margarine</p> <p>Cal:848 CHO:101g Na:727mg</p>	<p>21</p> <p>Harvest Meal Roast Turkey w/ Gravy Cranberry Herb Stuffing Green Beans Wheat Bread Pound Cake Margarine</p> <p>Cal:757 CHO:92g Na:1360mg</p>	<p>22</p> <p>Cachupa Rica Rice & Beans Spinach & Peppers Wheat Bread Fruit Margarine</p> <p>Cal:710 CHO:100g Na:680mg</p>
<p>25</p> <p>Beef Picadillo White Rice Mixed Root Vegetables Hawaiian Roll Fruit Margarine</p> <p>Cal:730 CHO:79g Na:458mg</p>	<p>26</p> <p>Latin Shepherd's Pie w/ Beef & Plantains, Potatoes Brussel Sprouts Wheat Bread Vanilla Pudding Margarine</p> <p>Cal:828 CHO:89g Na:716mg</p>	<p>27</p> <p>Arroz con Pollo (Chicken) White Rice Broccoli Hawaiian Roll Fruit Margarine</p> <p>Cal:738 CHO:89g Na:431mg</p>	<p>28</p> <p>Holiday No meals</p>	<p>29</p> <p>Curried Beef Roasted Potatoes Green Peas Whole Grain Cornbread Fruit Margarine</p> <p>Cal:822 CHO:111g Na:590mg</p>