

Haitian Menu

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday 1st
	<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>Curried Chicken Mayi Moulén (cornmeal) Succotash Whole Grain Bread Pear Milk (cal) 1124 (Na) 949</p>
Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th
<p>Sos Bef ak Kalalou Beef and Okra Stew Spanish Rice Dinner Roll Pineapple Cake Milk (cal) 808 (Na) 832</p>	<p>Smoke Pulled Turkey Peas and Onions Baked Potato Whole Grain Bread Fruit Cup Milk (cal) 718 (Na) 708</p>	<p>Haitian Pate (Beef Patty) Rice and Beans Sauteed Okra Dinner Roll Apple Sauce Milk (cal) 1169 (Na) 773</p>	<p>Braised Chicken Vegetable Potato Medley Whole Grain Bread Cookie Milk (cal) 879 (Na) 839</p>	<p>Stuffed Shells Marinara Sauce Steamed Spinach Pudding Dinner Roll Milk (cal) 722 (Na) 1067</p>
Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
<p>Veterans Day</p>	<p>Creole Cod Spanish Rice Asparagus Whole Grain Bread Cake Milk (cal) 821 (Na) 980</p>	<p>Macaroni Au Gratin Grilled Peppers and Onions Dinner Roll Orange Milk (cal) 823 (Na) 815</p>	<p>Jerk Chicken Drumsticks Roast Sweet Potato Steamed Corn Whole Grain Bread Fruit Cup Milk (cal) 986 (Na) 863</p>	<p>Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Apple Sauce Milk (cal) 818 (Na) 607</p>
Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
<p>Haitian Meatballs Spaghetti Steamed Carrots Fruit Cup Dinner Roll Milk (cal) 839 (Na) 654</p>	<p>Turkey Dinner w/ Gravy Mashed Potato Green Beans Stuffing Apple Crisp Milk (cal) 1011 (Na) 946</p>	<p>Haitian Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Jello Milk (cal) 826 (Na) 615</p>	<p>Baked Salmon Epis Spanish Rice Spinach Whole Grain Bread Orange Milk (cal) 769 (Na) 688</p>	<p>Caribbean Grilled Chicken Rice and Beans Sauteed Okra Dinner Roll Pears Milk (cal) 930 (Na) 874</p>
Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
<p>Chicken Fritters Succotash Roast Potato Peaches Milk (cal) 865 (Na) 978</p>	<p>Haitian Fish Stew Vegetable Potato Medley Whole Grain Bread Cookie Milk (cal) 710 (Na) 920</p>	<p>Turkey Dinner w/ Gravy Mashed Potato Green Beans, Stuffing Pumpkin Pie Milk (cal) 879 (Na) 1057</p>	<p>Thanksgiving</p>	<p>Ze ak bannann Haitian Eggs and Plantain Homefries Dinner Roll Peaches, Milk (cal) 898 (Na) 477</p>