

December 2024

Mystic Valley Elder Services

City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Pork & Bean Stew Yellow Rice Green Beans w/ Red Peppers Garlic Bread Fruit Calories 741 Sodium 565	Haitian Stewed Chicken Drumstick Yucca Mixed Vegetables Wheat Bread Shortbread Cookie Calories 762 Sodium 556	Caribbean Beef w/ Peppers & Onions Mashed Potatoes Black Beans, Corn & Peppers Wheat Roll Fruit Calories 651 Sodium 624	Braised Chickpeas & Chorizo Plantains Spinach & Peppers Wheat Bread Pudding Calories 690 Sodium 944	Sancocho (Beef & Chicken) w/ Potatoes & Yucca Carrots Dinner Roll Fruit Calories 775 Sodium 628
9	10	11	12	13
Pastel de Tuna White Rice & Lentils Edamame & Corn Wheat Roll Cinnamon Apples Calories 790 Sodium 815	Pork Empanada w/ Lime wedge Brown Rice & Pigeon Peas Vegetable Medley Whole Grain Cornbread Oatmeal Cookie Calories 958 Sodium 898	BBQ Jerk Chicken Yellow Rice Brussel Sprouts & Carrots Garlic Bread Fruit Calories 816 Sodium 821	Lentil Okra Coconut Stew Roasted Potatoes California Blend Vegetables Whole Grain Cornbread Fruit Calories 766 Sodium 564	Haitian Spaghetti (Beef) Whole Grain Pasta Broccoli Wheat Bread Pudding Calories 876 Sodium 1131
16	17	18	19 Holiday Meal - High Sodium Meal	20
Curried Chicken Mashed Potatoes Carrots Wheat Bread Fruit Calories 768 Sodium 577	Beef Picadillo Rice and Beans Green Peas Wheat Roll Pudding Calories 855 Sodium 728	Stewed Tomato White Fish Yellow Rice Mixed Vegetables Garlic Bread Mixed Fruit Calories 779 Sodium 710	Baked Ham w/ Pineapple-Raisin Sauce Mashed Sweet Potatoes Broccoli Wheat Roll Cinnamon Swirl Calories 898 Sodium 1314	Frango Assado (Brazilian Chicken) Yucca Brussel Sprouts Wheat Bread Fruit Calories 770 Sodium 383
23	24	25	26	27
Cachupa Rica White Rice Kale & Peppers Cornbread Loaf Fruit Calories 734 Sodium 644	Arroz con Camarones (Shrimp) White Rice Green Beans Dinner Roll Fruit Calories 623 Sodium 747	Christmas	Pork w/ Pineapple-Mango Salsa Plantains Broccoli Whole Grain Biscuit Fruit Calories 705 Sodium 705	Creamy Cajun Chicken Whole Grain Pasta Mixed Root Vegetables Wheat Roll Pound Cake Calories 793 Sodium 839
30	31			
Bistec Encebollado (Puerto Rican Steak & Onions) Yellow Rice Vegetable Medley Wheat Roll Mixed Fruit Calories 751 Sodium 534	Caribbean Jerk Pork Yucca Green Beans w/ Red Peppers Hawaiian Roll Chocolate Swirl Calories 665 Sodium 664		Note: 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 Na+ for milk and 30 mg Na+ for Margarine.