

December 2024

Mystic Valley Elder Services

Haitian

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Curried Chicken Mayi Moulén (cornmeal) Roast Broccoli Dinner Roll Cake (cal) 1169 (Na) 1157	Haitian Fish Stew Roast Potato Steamed Spinach Pears Whole Grain Bread (cal) 707 (Na) 1102	Stuffed Cabbage Rice and Beans Roast Beets Jello Dinner Roll (cal) 824 (Na) 1087	Eggplant Stew Mashed Potato Cookie Whole Grain Bread (cal) 893 (Na) 999	Chicken Pot Pie Steamed Carrots Dinner Roll Orange (cal) 747 (Na) 700
9	10	11	12	13
Macaroni Au Gratin Grilled Peppers and Onions Dinner Roll Orange (cal) 823 (Na) 815	Smoke Pulled Turkey Peas and Onions Baked Potato Whole Grain Bread Pineapple Cake (cal) 913 (Na) 730	Haitian Pate (Beef Patty) Rice and Beans Sauteed Okra Dinner Roll Apple Sauce (cal) 1169 (Na) 773	Braised Chicken Vegetable Potato Medley Whole Grain Bread Cookie (cal) 879 (Na) 839	Haitian Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Jello (cal) 826 (Na) 615
16	17	18	19	20
Stuffed Shells Marinara Sauce Steamed Spinach Pudding Dinner Roll (cal) 722 (Na) 1067	Creole Cod Spanish Rice Asparagus Whole Grain Bread Cake (cal) 821 (Na) 980	Ze ak bannann Haitian Eggs and Plantain Homefries Dinner Roll Peaches (cal) 898 (Na) 477	Jerk Chicken Drumsticks Roast Sweet Potato Steamed Corn Whole Grain Bread Fruit Cup (cal) 1011 (Na) 952	Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Apple Sauce (cal) 818 (Na) 607
23	24	25	26	27
Sausage with Peppers and Onions Roast Potato Fruit Cup Dinner Roll (cal) 706 (Na) 1241	Turkey Dinner w/ Gravy Mashed Potato & Stuffing Green Beans Apple Crisp (cal) 1011 (Na) 946	Christmas	Baked Salmon Epis Spanish Rice Spinach Whole Grain Bread Orange (cal) 769 (Na) 688	Caribbean Grilled Chicken Rice and Beans Sauteed Okra Dinner Roll Pears (cal) 930 (Na) 874
30	31			
Chicken Fritters Succotash Roast Potato Peaches (cal) 865 (Na) 978	Haitian Meatballs Peppers Onions Spaghetti Apple Dinner Roll (cal) 878 (Na) 615		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. All meal totals include Milk.