

# January 2025

# Mystic Valley Elder Services

# Haitian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Menu Subject to change. All meal totals include Milk.	<b>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</b>	New Year's Day	Eggplant Stew Mashed Potato Cookie Whole Grain Bread  <b>(cal) 893 (Na) 999</b>	Chicken Pot Pie Steamed Carrots Dinner Roll Peaches  <b>(cal) 726 (Na) 705</b>
6	7	8	9	10
Macaroni Au Gratin Grilled Peppers and Onions Dinner Roll Orange  <b>(cal) 823 (Na) 815</b>	Smoke Pulled Turkey Peas and Onions Baked Potato Whole Grain Bread Pineapple Cake  <b>(cal) 913 (Na) 730</b>	Haitian Pate (Beef Patty) Rice and Beans Sauteed Okra Dinner Roll Apple Sauce  <b>(cal) 1169 (Na) 773</b>	Braised Chicken Vegetable Potato Medley Whole Grain Bread Cookie  <b>(cal) 879 (Na) 839</b>	Haitian Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Jello  <b>(cal) 826 (Na) 615</b>
13	14	15	16	17
Stuffed Shells Marinara Sauce Steamed Spinach Pudding Dinner Roll  <b>(cal) 722 (Na) 1067</b>	Creole Cod Spanish Rice Asparagus Whole Grain Bread Cake  <b>(cal) 821 (Na) 980</b>	Ze ak bannann Haitian Eggs and Plantain Homefries Dinner Roll Peaches  <b>(cal) 898 (Na) 477</b>	Jerk Chicken Drumsticks Roast Sweet Potato Steamed Corn Whole Grain Bread Fruit Cup  <b>(cal) 1011 (Na) 952</b>	Beef Brisket Mashed Potato Carrots Dinner Roll Apple Sauce  <b>(cal) 773 (Na) 511</b>
20	21	22	23	24
Martin Luther King Jr. Day	Turkey Dinner w/ Gravy Mashed Potato & Stuffing Green Beans Apple Crisp  <b>(cal) 1011 (Na) 946</b>	Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Cake  <b>(cal) 818 (Na) 607</b>	Baked Salmon Epis Spanish Rice Spinach Whole Grain Bread Orange  <b>(cal) 769 (Na) 688</b>	Caribbean Grilled Chicken Rice and Beans Sauteed Okra Dinner Roll Pears  <b>(cal) 930 (Na) 874</b>
27	28	29	30	31
Chicken Fritters Succotash Roast Potato Dinner Roll Peaches  <b>(cal) 865 (Na) 978</b>	Haitian Meatballs Peppers Onions Spaghetti Apple Dinner Roll  <b>(cal) 878 (Na) 615</b>	Curried Chicken Mayi Moulen (cornmeal) Roast Broccoli Dinner Roll Cake  <b>(cal) 1169 (Na) 1157</b>	Haitian Fish Stew Roast Potato Steamed Spinach Pears Whole Grain Bread  <b>(cal) 707 (Na) 1102</b>	Stuffed Cabbage Rice and Beans Roast Beets Jello Dinner Roll  <b>(cal) 824 (Na) 1087</b>