

February 2025

Mystic Valley Elder Services

Haitian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject to change. All meal totals include Milk.</p>				
<p>Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303</p>				
3	4	5	6	7
<p>Stuffed Shells Marinara Sauce Steamed Spinach Pudding Dinner Roll</p> <p>(cal) 722 (Na) 1067</p>	<p>Creole Cod Spanish Rice Asparagus Whole Grain Bread Cake</p> <p>(cal) 821 (Na) 980</p>	<p>Ze ak bannann Haitian Eggs and Plantain Homefries Dinner Roll Peaches</p> <p>(cal) 898 (Na) 477</p>	<p>Eggplant Stew Mashed Potato Cookie Whole Grain Bread</p> <p>(cal) 893 (Na) 999</p>	<p>Chicken Pot Pie Steamed Carrots Dinner Roll Peaches</p> <p>(cal) 726 (Na) 705</p>
10	11	12	13	14
<p>Macaroni Au Gratin Grilled Peppers and Onions Dinner Roll Orange</p> <p>(cal) 823 (Na) 815</p>	<p>Smoke Pulled Turkey Peas and Onions Baked Potato Whole Grain Bread Pineapple Cake</p> <p>(cal) 913 (Na) 730</p>	<p>Haitian Pate (Beef Patty) Rice and Beans Sauteed Okra Dinner Roll Apple Sauce</p> <p>(cal) 1169 (Na) 773</p>	<p>Braised Chicken Vegetable Potato Medley Whole Grain Bread Cookie</p> <p>(cal) 879 (Na) 839</p>	<p>Haitian Beef Kabob Sweet Potato Roast Vegetables Dinner Roll Jello</p> <p>(cal) 826 (Na) 615</p>
17	18	19	20	21
<p>Presidents' Day Holiday- No Meals</p>	<p>Haitian Meatballs Peppers Onions Spaghetti Peaches Whole Grain Bread</p> <p>(cal) 904 (Na) 700</p>	<p>Curried Chicken Mayi Moulén (cornmeal) Roast Broccoli Dinner Roll Cake</p> <p>(cal) 1144 (Na) 1067</p>	<p>Jerk Chicken Drumsticks Roast Sweet Potato Steamed Corn Whole Grain Bread Fruit Cup</p> <p>(cal) 1011 (Na) 952</p>	<p>Beef Brisket Mashed Potato Carrots Dinner Roll Apple Sauce</p> <p>(cal) 773 (Na) 511</p>
24	25	26	27	28
<p>Sausage with Peppers and Onions Roast Potato Fruit Cup Dinner Roll</p> <p>(cal) 706 (Na) 1241</p>	<p>Turkey Dinner w/ Gravy Mashed Potato Green Beans & Stuffing Apple Crisp Whole Grain Bread</p> <p>(cal) 1011 (Na) 946</p>	<p>Meatloaf w/Gravy Mashed Potato Peas and Onions Dinner Roll Cake</p> <p>(cal) 818 (Na) 607</p>	<p>Baked Salmon Epis Spanish Rice Spinach Whole Grain Bread Orange</p> <p>(cal) 769 (Na) 688</p>	<p>Caribbean Grilled Chicken Rice and Beans Sauteed Okra Dinner Roll Pears</p> <p>(cal) 930 (Na) 874</p>