


April 2026

Mystic Valley Elder Services

City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Jambalaya (Chicken & Turkey Kielbasa) Yellow Rice Broccoli Wheat Roll Vanilla Pudding Calories 675 Sodium 756 mg	Baked Ham w/ Maple Brown Sugar Potatoes au Gratin Green Peas Dinner Roll Chocolate Chip Cookie High Sodium Meal Calories 811 Sodium 1385 mg	Hot Dog (beef) Baked Beans Green Beans w/ Red Peppers Whole Wheat Hot Dog Bun Fruit Cup Ketchup Calories 883 Sodium 1002 mg
6	7	8	9	10
Sancocho w/Beef & Chicken & Potato White Rice Brussel Sprouts Wheat Bread Banana Calories 934 Sodium 477 mg	Pork & Bean Stew Yellow Rice & Black Eyed Peas Vegetable Medley Wheat Bread Chocolate Pudding Calories 838 Sodium 596 mg	BBQ Jerk Drumstick Cilantro Lime Rice Black Beans, Corn & Peppers Wheat Roll Orange Calories 798 Sodium 877 mg	Caribbean Beef w/ Peppers & Onions Stewed Beans Broccoli Applesauce Calories 717 Sodium 666 mg	Frango Assado (Brazilian Chicken) Brown Rice & Pigeon Peas California Blend Vegetables Wheat Roll Fig Newton Calories 778 Sodium 687 mg
13	14	15	16	17
Bistec Encebollado (Puerto Rican Steak & Onions) Yucca Green Peas Hawaiian Roll Banana Calories 921 Sodium 383 mg	Haitian Spaghetti (Beef) Whole Grain Pasta Green Beans & Red Peppers Wheat Bread Pound Cake Calories 878 Sodium 1068 mg	Arroz con Atume (Tuna) Yellow Rice Corn w/ Peppers Wheat Roll Pear Fruit Cup Calories 605 Sodium 577 mg	Dominican Style Chicken Rice & Beans California Blend Vegetables Hawaiian Roll Banana Bread Calories 963 Sodium 764 mg	Lentil Okra Coconut Stew White Rice Carrots Wholegrain Cornbread Orange Calories 720 Sodium 490 mg
20	21	22	23	24
Holiday No Meals	Pork Linguica w/ Onions White Rice California Blend Vegetables Wheat Bread Apple Calories 909 Sodium 884 mg	Arroz con Camarones (Shrimp) Yellow Rice Green Peas w/ Red Peppers Wheat Roll Vanilla Pudding Calories 651 Sodium 929mg	Stewed Tomato White Fish Cilantro Lime Rice California Blend Vegetables Whole Grain Cornbread Apple Calories 819 Sodium 682 mg	Pork w/ Peach-Mango Salsa Plantains Brussel Sprouts Wheat Roll Banana Calories 672 Sodium 376 mg
27	28	29	30	
Pastel de Tuna w/ Lemon Roasted Potatoes Broccoli Cornbread Loaf Fruit Cup Calories 717 Sodium 918 mg	Creamy Cajun Chicken Mashed Potatoes Green Beans & Red Peppers Wheat Roll Lemon Square Calories 747 Sodium 658 mg	Haitian Stewed Chicken Drumstick Yucca Mixed Root Vegetables Wheat Roll Chocolate Pudding Calories 718 Sodium 580 mg	Arroz con Pollo Yellow Rice California Blend Vegetables Wheat Roll Banana Calories 745 Sodium 471 mg	

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 sodium for milk and 30 mg sodium for Margarine.