


May 2026

Mystic Valley Elder Services

City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Beef Picadillo Brown Rice & Pigeon Peas Green Peas Dinner Roll Orange Calories 782 Sodium 478 mg
4	5	6	7	8
Caribbean Pork Tacos w/ Lime Mexican Rice Broccoli Tortilla Wrap (2 each) Apple Calories 720 Sodium 956 mg	Pastelon w/ Beef & Plantains Green Peas Wheat Bread Orange Calories 863 Sodium 498 mg	Chicken Sofrito Yucca Green Beans & Red Peppers Cornbread Loaf Fruit Cup Calories 798 Sodium 465 mg	Cod w/ Stewed Tomatoes White Rice Broccoli Wheat Roll Lemon White Chocolate Cookie Calories 796 Sodium 712 mg	Caribbean Beef w/ Peppers & Onions Cilantro Lime Rice Vegetable Medley Dinner Roll Pear Calories 878 Sodium 490 mg
11	12	13	14	15
Arroz con Camarones Yellow Rice California Blend Vegetables Dinner Roll Fruit Cup Calories 676 Sodium 716 mg	BBQ Jerk Chicken Drumstick Mofungo (Mashed Plantains) Brussel Sprouts Wheat Roll Fig Newton Calories 809 Sodium 914 mg	White Fish w/ Peach-Mango Salsa White Rice Carrots Whole Grain Cornbread Loaf Orange Calories 750 Sodium 501 mg	Latin Shepherd's Pie w/ Beef, Plantains & Potatoes Kale & Peppers Hawaiian Roll Apple Calories 658 Sodium 934 mg	Lentil Okra Coconut Stew White Rice California Blend Vegetables Dinner Roll Shortbread Cookie Calories 819 Sodium 568 mg
18	19	20	21	22
Arroz con Pollo Yellow Rice Mixed Vegetables Wheat Roll Banana Calories 776 Sodium 485 mg	Creamy Cajun Salmon Roasted Potatoes Green Peas & Red Peppers Buttermilk Biscuit Pear Calories 836 Sodium 890 mg	Jamaican Beef Stew Brown Rice Broccoli Cornbread Loaf Oatmeal Cookie Calories 901 Sodium 608mg	BBQ Chicken Sandwich (Thigh) Sweet Potato Fries Zucchini & Red Peppers Wheat Sandwich Bun Pound Cake Calories 850 Sodium 949 mg	Pork w/ Pineapple-Mango Salsa Plantains Mixed Vegetables Dinner Roll Orange Calories 705 Sodium 390 mg
25	26	27	28	29
Holiday No Meals	Pescado con Coco (Coconut Fish) Yellow Rice & Black Eyed Peas California Blend Vegetables Wheat Roll Apple Calories 871 Sodium 503 mg	Haitian Stewed Chicken Drumstick Plantains Brussel Sprouts Cornbread Loaf Vanilla Pudding Calories 792 Sodium 693 mg	Beef Picadillo Brown Rice & Pigeon Peas Carrots Wheat Roll Orange Calories 701 Sodium 565 mg	Stewed Tomato White Fish Cilantro Lime Rice Broccoli Wheat Roll Chocolate Chip Cookie Calories 759 Sodium 734 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.