

July 2026

Mystic Valley Elder Services

City Fresh Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Crispy Chicken with Mushroom Okra Sauce Roasted Potatoes Brussel Sprouts Wheat Bread Cinnamon Apples Calories 750 Sodium 777 mg	Grilled Chicken Thigh Roasted Potatoes California Blend Vegetables Wheat Roll Chocolate Brownie Cookie Calories 689 Sodium 609 mg	Holiday No Meals
6	7	8	9	10
Pastelon w/ Beef & Plantains Beets & Greens Dinner Roll Pear Cup Calories 833 Sodium 631 mg	Chicken Sofrito Yucca Mixed Vegetables Dinner Roll Fresh Orange Calories 746 Sodium 416 mg	Cod w/ Stewed Tomatoes White Rice Green Beans & Red Peppers Whole Grain Cornbread Loaf Vanilla Pudding Calories 838 Sodium 754 mg	Caribbean Beef w/ Peppers & Onions Cilantro Lime Rice Kale & Peppers Hawaiian Roll Apple Calories 820 Sodium 444 mg	Caribbean Pork Tacos w/ Lime Mexican Rice Broccoli Tortilla Wrap Oatmeal Cookie Calories 695 Sodium 1063 mg
13	14	15	16	17
Arroz con Camarones Rice and Beans Carrots Cornbread Applesauce Calories 690 Sodium 383 mg	BBQ Jerk Chicken Drumstick Mofungo (Mashed Plantains) Broccoli Wheat Bread Blueberry Bread Calories 960 Sodium 995 mg	White Fish w/ Peach-Mango Salsa Rice & Beans Mixed Root Vegetables Whole Grain Cornbread Loaf Pear Calories 792 Sodium 614 mg	Latin Shepherd's Pie w/ Beef, Plantains & Potatoes California Blend Vegetables Dinner Roll Banana Calories 687 Sodium 959 mg	Lentil Okra Coconut Stew White Rice Carrots Wheat Bread Chocolate Pudding Calories 810 Sodium 540 mg
20	21	22	23	24
Arroz con Pollo Yellow Rice Mixed Vegetables Wheat Roll Mandarin Fruit Cup Calories 718 Sodium 489 mg	Creamy Cajun Salmon Roasted Potatoes Green Peas & Red Peppers Wheat Roll Pound Cake Calories 804 Sodium 908 mg	Jamaican Beef Stew Brown Rice Brussel Sprouts Dinner Roll Apple Calories 845 Sodium 437 mg	Dominican Style Chicken Rice and Beans Kale & Red Peppers Wheat Roll Vanilla Pudding Calories 790 Sodium 716 mg	Pescado con Coco (Coconut Fish) Plantains California Blend Vegetables Wheat Roll Peach Cup Calories 737 Sodium 450 mg
27	28	29	30	31
Pork w/ Pineapple-Mango Salsa Yellow Rice & Black Eyed Peas Broccoli Cornbread Loaf Banana Calories 871 Sodium 475 mg	Beef Picadillo Mashed Potatoes Green Beans & Red Peppers Wheat Bread Bllueberry Crumble Calories 838 Sodium 429 mg	Haitian Stewed Chicken Drumstick Brown Rice & Pigeon Peas Carrots Dinner Roll Orange Calories 720 Sodium 573 mg	Stewed Tomato White Fish Cilantro Lime Rice Brussel Sprouts Cornbread Loaf Pear Calories 813 Sodium 672 mg	Jambalaya(Chicken & Turkey Kielbasa) Yellow Rice Broccoli Wheat Roll Chocolate Chip Cookie Calories 750 Sodium 707 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.