

*June 2026*

*Mystic Valley Elder Services*

*City Fresh Caribbean*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Jambalaya (Chicken & Turkey Kielbasa) Yellow Rice Vegetable Medley Whole Grain Cornbread Loaf Pear  <b>Calories 853 Sodium 674 mg</b>	Pork & Bean Stew Yellow Rice & Black Eyed Peas Carrots Wheat Bread Pear  <b>Calories 798 Sodium 464 mg</b>	BBQ Jerk Drumstick Cilantro Lime Rice Brussel Sprouts Wheat Roll Shortbread Cookie  <b>Calories 846 Sodium 992 mg</b>	Caribbean Beef w/ Peppers & Onions Stewed Beans Broccoli Whole Grain Cornbread Banana  <b>Calories 950 Sodium 843 mg</b>	Frango Assado (Brazilian Chicken) Brown Rice & Pigeon Peas Spinach w/ Peppers Dinner Roll Vanilla Pudding  <b>Calories 717 Sodium 618 mg</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Bistec Encebollado (Puerto Rican Steak & Onions) Yucca California Blend Vegetables Hawaiian Roll Fruit Cup  <b>Calories 814 Sodium 401 mg</b>	Haitian Spaghetti (Beef) Whole Grain Pasta Kale & Corn Wheat Bread Chocolate Pudding  <b>Calories 853 Sodium 1116 mg</b>	Dominican Style Chicken Rice & Beans Black Beans, Corn & Peppers Wheat Roll Orange  <b>Calories 778 Sodium 621 mg</b>	Arroz con Atume (Tuna) Yellow Rice Green Beans & Red Peppers Dinner Roll Apple  <b>Calories 761 Sodium 554 mg</b>	Lentil Okra Coconut Stew White Rice Carrots Hawaiian Roll Fig Newton  <b>Calories 956 Sodium 576 mg</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Pork Linguica w/ Onions Mashed Potatoes Green Peas Wheat Roll Pear  <b>Calories 850 Sodium 1015 mg</b>	Pork w/ Peach-Mango Salsa Plantains Carrots Whole Grain Cornbread Orange  <b>Calories 744 Sodium 475 mg</b>	Sancocho w/ Beef & Chicken & Potato White Rice Green Beans & Red Peppers Wheat Bread Vanilla Pudding  <b>Calories 940 Sodium 589 mg</b>	Homemade Crispy Chicken Black Eyed Peas Collards & Corn Cornbread Loaf Pound Cake w/ Berries  <b>Calories 1052 Sodium 922 mg</b>	Holiday No Meals
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Pastelon w/ Beef & Plantains California Blend Vegetables Wheat Roll Cinnamon Apples  <b>Calories 736 Sodium 598 mg</b>	Beef Picadillo Brown Rice & Pigeon Peas Green Peas w/ Red Peppers Wheat Roll Pear Fruit Cup  <b>Calories 806 Sodium 500 mg</b>	Arroz con Camarones (Shrimp) Yellow Rice California Blend Vegetables Wheat Bread Blueberry Bread  <b>Calories 836 Sodium 926 mg</b>	Creamy Cajun Chicken Mashed Potatoes Mixed Root Vegetables Wheat Roll Banana  <b>Calories 721 Sodium 614 mg</b>	Caribbean Pork Tacos w/ Lime Mexican Rice Carrots Tortilla Wrap Orange Sour Cream  <b>Calories 680 Sodium 1027 mg</b>
<b>29</b>	<b>30</b>			
Haitian Stewed Chicken Drumstick Yucca Broccoli Cornbread Loaf Vanilla Pudding  <b>Calories 868 Sodium 711 mg</b>	Caribbean Fish Curry Yellow Rice Corn w/ Peppers Wheat Roll Lemon Square  <b>Calories 793 Sodium 555 mg</b>			

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.