

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Pork & Bean Stew Yellow Rice & Black Eyed Peas Carrots Wheat Bread Shortbread Cookie Calories 836 Sodium 613 mg	BBQ Jerk Drumstick Stewed Beans Brussel Sprouts Wheat Roll Pear Calories 846 Sodium 992 mg	Pastelon w/ Beef & Plantains Broccoli Whole Grain Cornbread Banana Calories 900 Sodium 631 mg	Frango Assado (Brazilian Chicken) Brown Rice & Pigeon Peas Spinach w/ Peppers Dinner Roll Vanilla Pudding Calories 717 Sodium 618 mg	Bistec Encebollado (Puerto Rican Steak & Onions) Yucca California Blend Vegetables Hawaiian Roll Fruit Cup Calories 814 Sodium 401 mg
10	11	12	13	14
Arroz con Atume (Tuna) Rice & Beans Carrots Wheat Bread Applesauce Calories 750 Sodium 652 mg	Chorizo Creole Chicken White Rice w/ Lentils Black Beans, Corn & Peppers Wheat Roll Orange Calories 731 Sodium 691 mg	Sancocho w/ Beef & Chicken & Potato Yellow Rice Green Beans & Red Peppers Wheat Bread Pound Cake w/ Blueberries Calories 1019 Sodium 700 mg	Dominican Style Chicken Yucca Mixed Vegetables Dinner Roll Mandarin Fruit Cup Calories 787 Sodium 457 mg	Pork Linguica w/ Onions Mashed Potatoes Kale & Corn Wheat Roll Oatmeal Cookie Calories 774 Sodium 1032 mg
17	18	19	20	21
Pork w/ Peach-Mango Salsa Roasted Potatoes Green Beans & Red Peppers Whole Grain Cornbread Vanilla Pudding Calories 736 Sodium 611 mg	Lentil Okra Coconut Stew White Rice Broccoli Dinner Roll Pears Calories 763 Sodium 422 mg	Pollo Guisado (Chicken) Black Eyed Peas Green Peas Wheat Roll Banana Calories 822 Sodium 669 mg	Curried Beef Cilantro Lime Rice Beets & Greens Cornbread Loaf Chocolate Chip Cookie Calories 897 Sodium 749 mg	Pastel de Tuna Rice and Beans Carrots Wheat Bread Mandarin Fruit Cup Calories 740 Sodium 865 mg
24	25	26	27	28
Creamy Cajun Chicken Mashed Potatoes Green Peas w/ Red Peppers Wheat Roll Chocolate Pudding Calories 738 Sodium 755 mg	Arroz con Camarones (Shrimp) Yellow Rice California Blend Vegetables Dinner Roll Orange Calories 686 Sodium 732 mg	Beef Picadillo Brown Rice & Pigeon Peas Carrots Wheat Roll Lemon Square Calories 771 Sodium 654 mg	Pork Verde Tacos w/ Lime Mexican Rice Broccoli Tortilla Wrap Banana Calories 687 Sodium 974 mg	Haitian Stewed Chicken Drumstick Yucca Mixed Root Vegetables Wheat Bread Applesauce Calories 768 Sodium 495 mg
31				
Caribbean Fish Curry Yellow Rice Corn w/ Peppers Wheat Roll Peach Cup Calories 703 Sodium 470 mg				CITY FRESH FOODS

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.