

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Jambalaya (Chicken & Turkey Kielbasa) Yellow Rice California Blend Vegetables Dinner Roll Lemon White Chocolate Cookie Calories 819 Sodium 672 mg	Chicken Sofrito Yucca Green Beans & Red Peppers Wheat Bread Peach Calories 728 Sodium 351 mg	Pastelon w/ Beef & Plantains Broccoli Wheat Bread Vanilla Pudding Calories 855 Sodium 645 mg	Pork Linguica w/ Onions Mashed Potatoes Carrots Whole Grain Cornbread Fresh Orange Calories 868 Sodium 1018 mg
7	8	9	10	11
Holiday No Meals	Caribbean Beef w/ Peppers & Onions Cilantro Lime Rice Mixed Vegetables Wheat Roll Chocolate Pudding Calories 856 Sodium 670 mg	Arroz con Pollo Yellow Rice Kale & Peppers Hawaiian Roll Applesauce Calories 708 Sodium 396 mg	Caribbean Pork Tacos w/ Lime Mexican Rice Green Peas Tortilla Wrap Banana Calories 692 Sodium 799 mg	Cod w/ Stewed Tomatoes White Rice Broccoli Wheat Bread Oatmeal Cookie Calories 759 Sodium 617 mg
14	15	16	17	18
BBQ Jerk Chicken Drumstick Mofungo (Mashed Plantains) Mixed Root Vegetables Dinner Roll Vanilla Pudding Calories 790 Sodium 937 mg	White Fish w/ Peach-Mango Salsa White Rice Tuscan Blend Vegetables Wheat Bread Sponge Cake w/ Berries Calories 751 Sodium 451 mg	Latin Shepherd's Pie w/ Beef, Plantains & Potatoes California Blend Vegetables Dinner Roll Banana Calories 687 Sodium 959 mg	Lentil Okra Coconut Stew Mashed Potatoes Carrots Cornbread Loaf Applesauce Calories 728 Sodium 520 mg	Arroz con Camarones Yellow Rice Mixed Vegetables Wheat Roll Mandarin Fruit Cup Calories 683 Sodium 803 mg
21	22	23	24	25
Creamy Cajun Salmon Roasted Potatoes Green Peas Wheat Roll Chocolate Brownie Cookie Calories 1041 Sodium 741 mg	Haitian Spaghetti w/ Beef Whole Grain Pasta Broccoli Dinner Roll Applesauce Calories 785 Sodium 1047 mg	Dominican Style Chicken (thigh) Rice and Beans Vegetable Medley Wheat Roll Orange Calories 785 Sodium 615 mg	Pescado con Coco (Coconut Fish) Plantains Brussel Sprouts Whole Grain Cornbread Banana Calories 896 Sodium 468 mg	Pork w/ Pineapple-Mango Salsa Yellow Rice & Black Eyed Peas Mixed Vegetables Wheat Roll Chocolate Pudding Calories 803 Sodium 592 mg
28	29	30		
Beef Picadillo White Rice Green Beans & Red Peppers Wheat Bread Peach Fruit Cup Calories 754 Sodium 404 mg	Haitian Stewed Chicken Drumstick Yucca Brussel Sprouts Cornbread Vanilla Pudding Calories 868 Sodium 699 mg	Pernil (Roasted Pork) Cilantro Lime Rice Carrots Dinner Roll Orange Calories 727 Sodium 423 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.