

October 2026

Mystic Valley Aging Services

Caribbean

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Cachupa Rica White Rice Spinach w/ Peppers Dinner Roll Vanilla Pudding Calories 697 Sodium 1152 mg	Bistec Encebollado (Puerto Rican Steak & Onions) Yucca Broccoli Whole Grain Cornbread Banana Calories 953 Sodium 501 mg
5	6	7	8	9
Arroz con Atume (Tuna) Rice & Beans Green Beans & Peppers Wheat Bread Applesauce Calories 755 Sodium 618 mg	Chorizo Creole Chicken White Rice w/ Lentils Black Beans, Corn & Peppers Dinner Roll Orange Calories 761 Sodium 641 mg	Sancocho w/ Beef & Chicken & Potato Mashed Potatoes Carrots Cornbread Loaf Shortbread Cookie Calories 948 Sodium 757 mg	Chicken with Sage Cream Sauce Butternut Squash Ravioli Broccoli Wheat Roll Apple Crisp Calories 898 Sodium 947 mg	Pork Linguica w/ Onions Yellow Rice Vegetable Medley Wheat Roll Mandarin Fruit Cup Calories 859 Sodium 992 mg
12	13	14	15	16
Holiday No Meals	Lentil Okra Coconut Stew White Rice Stir Fry Vegetables Wheat Roll Chocolate Chip Cookie Calories 778 Sodium 542 mg	Pollo Guisado (Chicken) Black Eyed Peas Kale and Peppers Wheat Bread Banana Calories 817 Sodium 594 mg	Curried Beef Cilantro Lime Rice Carrots Wheat Bread Mandarin Fruit Cup Calories 758 Sodium 498 mg	Pastel de Tuna Rice and Beans Broccoli Whole Grain Cornbread Vanilla Pudding Calories 855 Sodium 1088 mg
19	20	21	22	23
Creamy Cajun Chicken Mashed Potatoes California Blend Vegetables Dinner Roll Chocolate Pudding Calories 743 Sodium 658 mg	Arroz con Camarones (Shrimp) Yellow Rice Green Peas Wheat Roll Orange Calories 707 Sodium 768 mg	Beef Picadillo Brown Rice & Pigeon Peas Mixed Vegetables Dinner Roll Mandarin Fruit Cup Calories 738 Sodium 514 mg	BBQ Jerk Pork Mofungo (Mashed Plantains) Spinach Wheat Bread Banana Calories 807 Sodium 745 mg	Stewed Tomato Chicken Drumstick Yucca Brussel Sprouts Wheat Roll Oatmeal Cookie Calories 790 Sodium 544 mg
26	27	28	29	30
Caribbean Fish Curry Yellow Rice Tuscan Blend Vegetables Cornbread Loaf Peach Cup Calories 757 Sodium 504 mg	Dominican Style Chicken Mashed Potatoes Carrots Wheat Roll Pumpkin Bread Calories 850 Sodium 764 mg	Pork Verde Tacos w/ Lime Mexican Rice Broccoli Dinner Roll Pound Cake w/ Blueberries Sour Cream Calories 792 Sodium 1248 mg	Haitian Stewed Tomato White Fish Mayi Moulen (Haitian Cornmeal Porridge) Green Peas Wheat Roll Pears Calories 750 Sodium 603 mg	Pastelon w/ Beef & Plantains California Blend Vegetables Dinner Roll Banana Calories 826 Sodium 547 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.