Chopped/soft Menu

A confidential, voluntary donation of $2 per meal is suggested.

C.ity Fresh

Mystic Valley Elder Services

DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
( ) indicates sodium in milligrams *** indicates a higher-sodium item**	**1** Chicken with Mushroom Sauce(520) Egg Noodles(12) Carrots(24) Fruit(0) Margarine(30)/Roll(180) Milk(125) Cal: 817/Sodium: 891	**2** Chicken Enchiladas(360) White Rice(25) Corn(0) Fruit(0)/Bread(175) Margarine(30)/Milk(125) Cal: 850/Sodium: 715	**3** Beef Ravioli with Florentine Sauce(461) Broccoli(0) Fruit(0)/Bread(175) Margarine(30) Milk(125) Cal: 623/Sodium 791	**4** Shrimp Scampi(204) Spaghetti(0) Green Peas(0) Fruit(0)/Bread(180) Margarine(30) Milk(125) Cal: 603/Sodium: 539
7 Honey Garlic Chicken(335) Rice Pilaf(29) Green Beans & Peppers(0) Chocolate Pudding(120) Margarine(30)/Bread(175) Milk(125) Cal: 720/Sodium: 814	**8** Salmon with Peach Sauce(371) Couscous(29) Mixed Vegetables(18) Fruit(0)/Roll(180) Margarine(30) Milk(125) Cal: 765/Sodium: 753	**9** Chicken Marsala(463) Pasta(0) Broccoli(0) Fruit(0)/Roll(180) Margarine(30) Milk(125) Cal: 656/Sodium: 798	**10** Pot Roast with Gravy(328) White Rice(25) Carrots(24) Fruit(0)/Bread(175) Margarine(30) Milk(125) Cal: 793/Sodium: 707	**11** Fish Sticks(370) Tartar Sauce(85)/Polenta(30) Corn with Peppers(0) Fruit(0)/Roll(180) Margarine(30) Milk(125) Cal: 787/Sodium: 820
14 Fajita Chicken with Peppers(147) White Rice(250 Broccoli(0) Vanilla Pudding(115) Margarine(30)/Roll(180) Milk(125) Cal: 689/Sodium: 622	**15** Lemon Herb Cod(104) Rice Pilaf(29) Vegetable Medley(18) Fruit(0)/Bread(175) Margarine(30) Milk(125) Cal: 700/Sodium: 481	**16** Chicken Picatta(473) Pasta(0) Green Beans with Peppers(0) Fruit(0)/Roll(180) Margarine(30) Milk(125) Cal: 659/Sodium: 808	**17** Shaved Steak with Gravy(145) White Rice(25) California Blend Vegetables(15) Fruit(0)/Bread(175) Margarine(30) Milk(125) Cal: 624/Sodium: 515	**18** Chicken Thighs with Apple Chutney(281) Couscous(29) Corn(0) Fruit(0)/Roll(180) Margarine(30) Milk(125) Cal: 828/Sodium: 644
21 Tomato Bruschetta Chicken(192) Mashed Potatoes(32) Kale & Corn Blend Veg.(12) Chocolate Pudding(120)/Bread(90) Margarine(30) Milk(125) Cal: 733/Sodium: 601	**22** Honey Mustard Chicken(334) Mashed Potatoes(32) Green Beans & Peppers(0) Fruit(0)/Bread(175) Margarine(30)/Milk(125) Cal: 679/Sodium: 696	**23** Pork with Mustard Wine Sauce(275) Mashed Sweet Potatoes(39) Brussels Sprouts(20) Fruit(0)/Bread(175) Margarine(30) Milk(125) Cal: 755/Sodium: 664	**24** Rosemary & Garlic Chicken(129) Mashed Potatoes(32) Green Peas(0) Fruit(0)/Bread(175) Margarine(30) Milk(125) Cal: 683/Sodium: 492	**25** **There will be no lunch served today in observance of Christmas Day.**
28 Turkey Meatloaf with Gravy(430) Mashed Potatoes(32) Green Beans(0) Fruit(0)/Bread(175) Margarine(30) Milk(125) Cal: 608/Sodium: 907	**29** Chicken with Mushroom Sauce(520) Egg Noodles(12) Carrots(24) Fruit(0)/Roll(180) Margarine(30) Milk(125) Cal: 817/Sodium: 891	**30** Chicken Enchiladas(360) White Rice(25) Corn(0) Fruit(0)/Bread(175) Margarine(30) Milk(125) Cal: 850/Sodium:715	**31** Beef Ravioli with Florentine Sauce(461) Broccoli(0) Fruit(0)/Bread(0) Margarine(30) Milk(125) Cal: 719/Sodium: 706	**Note: To cancel your meal, please call our Mystic Valley Nutrition Department before 11:30 AM at 781-388-2303**

Menu subject to change without notice. Available also at www.mves.org

ABOUT YOUR HOME-DELIVERED MEAL

Every meal provides an average of 700-800 calories and a minimum of 1/3 of the Dietary Reference Intake of significant vitamins and minerals.

Your meal has no salt added and most have less than 1,200 mg of sodium per meal. Most meals come with bread or a roll, dessert, 8 oz. of milk.

Food safety is important. If you do not eat your meal when it is delivered, please refrigerate it immediately and reheat it prior to eating.

To reheat meals, slit or peel back film in each compartment. Microwave 2 - 3 minutes maximum on high or place the meal on a cookie sheet in a 350 degree conventional oven for 10-15 mins. to an internal temperature of 165 degrees. Do not use a toaster oven.

Mystic Valley *Elder Services*

LEFTOVER SAFETY: *extending your holiday meals*

The last thing your winter season needs is a bellyache — or worse! — caused by improperly stored leftovers. And if you celebrate winter holidays, you may find yourself with a particularly full refrigerator this time of year. To keep your food tasty and free of nasty bacteria, follow these food safety tips (adapted from the federal Food Safety service):

KEEP FOOD OUT OF THE DANGER ZONE: Bacteria grow rapidly between the temperatures of 41° F and 140° F. After food is safely cooked, hot food must be kept hot at 140° F or warmer to prevent bacterial growth. Make sure to refrigerate the food within 2 hours of cooking food or after it is removed from an appliance keeping it warm.

COOL FOOD RAPIDLY: To prevent bacterial growth, it's important to divide large amounts of hot food into shallow containers so it reaches the safe refrigerator-storage temperature of 41° F or below as fast as possible. Cut large items of food into smaller portions to cool. Cut turkey into smaller pieces and refrigerate. Store turkey and stuffing in separate containers.

WRAP LEFTOVERS WELL: Cover leftovers, wrap them in airtight packaging, or seal them in storage containers. These practices help keep bacteria out, retain moisture, and prevent leftovers from picking up odors from other food in the refrigerator. Immediately refrigerate or freeze the wrapped leftovers for rapid cooling.

STORE LEFTOVERS SAFELY: Leftovers can be kept in the refrigerator for 3 to 4 days (gravy should be used within 1-2 days) or frozen for 3 to 4 months. Consider marking your leftovers with the date.

REHEAT LEFTOVERS SAFELY: When reheating leftovers, be sure they reach 165° F as measured with a food thermometer. Reheat gravy, sauces, and soups by bringing them to a rolling boil.

When reheating in the microwave, cover and rotate the food for even heating. Arrange food items evenly in a covered microwave safe glass or ceramic dish, and add some liquid if needed. Be sure the covering is microwave safe, and vent the lid or wrap to let the steam escape. The moist heat that is created will help destroy harmful bacteria and will ensure uniform cooking.