

City Fresh Low Lactose Menu

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Note: To cancel your meal,
please call our Mystic Valley
Nutrition Department before
11:30 AM at 781-388-2303**



**There will be no
lunch served today
in observance of
New Year's Day.**

**There will be no lunch
served today in
observance of Martin
Luther King, Jr. Day.**

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**Mystic Valley
Elder Services**

JANUARY 2021

**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. Refrigerate your meal immediately upon delivery. 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.

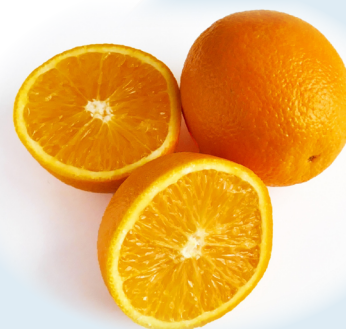
TAKE CHARGE WITH TRIP METRO NORTH



You don't have to be in the driver's seat to be in control. Take care of personal errands and get to appointments through the free TRIP program. TRIP gives you mileage money to reimburse friends and neighbors who take you where you need to go at whatever time works. If you are 60+ or an adult living with a disability, don't drive, and public transportation isn't an option, call (781) 388-4819 to apply.

“Foods rich in certain nutrients may help optimize the immune system’s ability to fight infection.” - *Tufts Health and Nutrition Letter*

The following nutrients play a role in the immune system and can be found in a variety of foods:



- **Beta Carotene:** Sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.
- **Vitamin C:** Citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.

- **Vitamin D:** Fatty fish, eggs, and milk or 100% juices that are fortified with vitamin D.



- **Zinc:** Seafood, wheat germ, beans, nuts and tofu.



- **Probiotics:** Cultured dairy products such as yogurt and in fermented foods such as kimchi.
- **Protein:** Milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

Focus on a balanced eating plan, adequate sleep, stress management, and wash your hands!

Adapted from the Academy of Nutrition and Dietetics