

# MEALS ON WHEELS CHILLED MENU

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

## MONDAY

() indicates sodium in milligrams  
\* indicates a higher-sodium item  
V indicates a vegetarian item

## TUESDAY

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

## WEDNESDAY



## THURSDAY

## FRIDAY

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

				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

WINTER SPECIAL

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



## 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 chilled 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.

Some meals will include a nutritious soup. Please remember to **use caution** as the soup will be **very hot** once it is reheated. Remove cover on the soup container and microwave container for 1 minute. Heating time may vary depending on the strength of your microwave. You may also pour the soup into a saucepan and heat it on the stove.

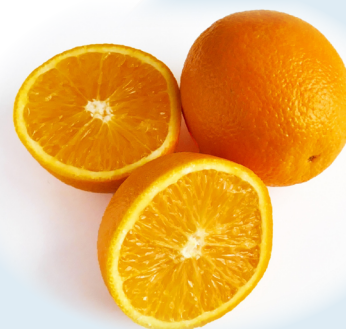
## TAKE CHARGE WITH TRIP METRO NORTH



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*