

C.F. Carbohydrate Controlled Menu

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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



Mystic Valley
Elder Services

MARCH 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.

Mystic Valley Elder Services Offers Free Transportation Services to COVID-19 Vaccine Sites



MVES is offering **FREE transportation services** via one of MVES' transportation providers to adults 60 years and older to COVID-19 vaccine sites near your home. MVES understands that older adults are more susceptible to the **virus** and feels it is important to help all older residents living in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield or Winthrop get the vaccine.

There are four eligibility guidelines to get approved for your two roundtrips:

- Be 60 years of age or older
- Don't have other means to get to a vaccination site
- Don't have access to the vaccines at the building complex where you live
- Wear a mask when taking your trips

Visit the State's website at www.mass.gov for the latest information on **signing up for the COVID-19 vaccine**. Call MVES at (781) 324-7705 as soon as possible to book your rides.

