

MEALS ON WHEELS • SUPPER MENU

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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



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.

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.

