

City Fresh--Everett Hot Menu

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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There will be no meals served today in observance of Memorial Day.



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

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

Fruit is very nutritious and delicious!

We know that it's a fact that Americans do not eat enough fruit. Let's see how we can increase our consumption of fruits.



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.

For Breakfast:

- Add fruit to oatmeal, cold cereal or yogurt
- Drink a glass of 100% fruit juice or preferably have a whole fruit
- Stir applesauce into plain or vanilla yogurt and top with nuts or dry cereal

For Lunch:

- Substitute side item (chips) with a juicy fruit
- Mix dried cranberries, diced apple, or grape slices into chicken or tuna salad
- Freeze grapes and enjoy with your lunch

For Dinner:

- Add strawberries or warm pineapple to a tossed salad
- As dessert, dip strawberries in yogurt or top yogurt with fruit



Easy Fruit Salad:

Drain canned fruit reserving the juice. Stir instant vanilla pudding mix with the juice until dissolved. Pour over fruit and stir. Chill for one hour.

Source: areinventedmom.com