


LOW LACTOSE LUNCH 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.		1	2
5	6	7	8	9
12 There will be no lunch served today in observance of Columbus Day.	13	14	15	16
19	20	21	22	23
26	27	28	29	30



Mystic Valley
Elder Services

OCTOBER 2020

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. If you do not eat your meal when it is delivered, please refrigerate it immediately and reheat it prior to eating.

It's Pumpkin Time!

Did you know that pumpkins
are very good for you?

Pumpkin puree is a **very good source** of: Fiber, Vitamin A & C, Potassium
and a **good source** of: Vitamin E, B6, Magnesium, Phosphorus



Ways to include pumpkin puree:

- Mix it into mashed potatoes for more flavor and added nutrition.
- Spice up applesauce with a little pumpkin.
- Add it to oatmeal with a little cinnamon.
- Spread it on a bagel with a little maple syrup instead of cream cheese
- Mix it with equal parts ricotta cheese and toss with cooked pasta.
- Add to plain yogurt with some pumpkin pie spice.

SHINE is in your
community!



*Do you want expert,
unbiased advice on
your Medicare and
health insurance
options?*

**CALL FOR A PHONE
APPOINTMENT!
781-388-4845**