

MEALS ON WHEELS HOT LUNCH MENU

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

() 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 781-388-2390.**



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**There will be no lunch
served today in observance
of Columbus Day.**

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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.

Some meals will include a nutritious soup. Please remember to use caution as the soup will be very hot once it is re-heated. 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.

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.

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