

# CARDIAC 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

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

**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 and reheat it prior to eating.

## SHINE PROGRAM

Serving the Health Insurance Needs of Everyone... on Medicare



**Please Call SHINE at  
781-324-7705 x164**

## MEDICARE QUESTIONS?

- Are you turning 65 in the next 3 months?
- Are you over 65 and need to enroll soon?
- Are you having trouble paying for Medical expenses & Prescription Drugs?
- Do you understand your Medicare deadlines & options?
- If any of these apply to you, contact SHINE (Serving Health Insurance Needs of Everyone). Our counselors at Mystic Valley Elder Services are available to help.

## FIGHT AGAINST THE VIRUS...WASH YOUR HANDS PROPERLY

You have the power to reduce food poisoning and significantly reduce the spread of the common cold, flu and other viruses.

### How to properly wash your hands:

- Wet hands with running warm or cold water and apply soap. Vigorously wash your hands front and back, up to your wrists, between fingers and under fingernails.
- Take at least 20 seconds to wash your hands — about the time it takes to sing two choruses of “Happy Birthday.”
- Dry your hands with disposable paper towels, clean cloth towels or air dry.



### Wash your hands before handling, preparing or eating any food and after:

- Entering your home
- Preparing or handling raw foods such as poultry or other meats and seafood
- Handling egg products
- Using the restroom
- Handling garbage or dirty dishes
- Sneezing or coughing