

# RENAL MEAL MENU •

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



All high-protein meals have an **ORANGE DOT** on the packaging. Call the Nutrition Department with any questions about your meal or Meals on Wheels delivery: 781-324-7705 ext. 300.

**NOTE:** Meals are **not delivered** on holidays (see reverse for list).

## WEEKLY MENU ROTATION

	Week 1	Week 2	Week 3	Week 4
MON				
TUES				
WED				
THURS				
FRI				

## About your **RENAL** meal

Every meal provides a minimum of 1/3 of the **Dietary Reference Intake** of significant vitamins and minerals.

Your meals are prepared with low-sodium, low-potassium, low-phosphorus, and low-sugar ingredients. All gravies are low-sodium.

Most meals come with bread, margarine, a diet dessert, and 4oz of whole milk.

**MEALS ARE NOT DELIVERED  
ON THE FOLLOWING HOLIDAYS:**

# SHOULDN'T YOUR LIFE AT HOME BE

## COMFORTABLE SECURE AND JOYFUL?

Visit [mves.org](http://mves.org)  
or call us  
at **781-324-7705**  
to get started!

**Mystic Valley Elder Services** partners with older adults, adults living with disabilities, and caregivers in the Mystic Valley region to ensure that everyone has the tools and services they need to live at home and in their own communities as long as they desire.

Through Mystic Valley, you can access home care services, Meals on Wheels, support for your financial wellbeing and your transportation needs, caregiver peer groups, and — most of all — the chance to make your life easier, healthier, safer, and more vibrant. Many of our services are available at no or very low cost.

*Mystic Valley Elder Services works with our neighbors in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield, and Winthrop.*

### NOTEWORTHY DATES | UPCOMING EVENTS:

**Caregiver Support Group** at Mystic Valley Elder Services: a compassionate, peer support meeting for spouses and loved ones caring for those with Alzheimer's. The group meets every other Wednesday. Call 781-324-7705 to join.

**Mystic Tea**, a monthly meeting for LGBT seniors in the Mystic Valley region, provides a safe, welcoming, and affirming space for meeting new friends. Call 781-324-7705 to learn more.