

# MEALS ON WHEELS • COLD LUNCH MENU

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

| MONDAY   | TUESDAY | WEDNESDAY  | THURSDAY | FRIDAY |
|--|---------|--|----------|--------|
| 2  | 3       | 4  | 5        | 6      |
| 9  | 10      | 11   | 12       | 13     |
| 16   | 17      | 18   | 19       | 20     |
| 23   | 24      | 25   | 26       | 27     |
| 30   | 31      | <p>( ) indicates sodium in milligrams<br/>           * indicates a higher-sodium item<br/>           (V) indicates a vegetarian item</p> |          |        |
| <p><b>NOTE: To cancel your meal, please call our offices at least one day in advance before 11:30 a.m. at 781-388-2303</b></p> |         |  |          |        |



JOIN US FOR LUNCH!

# March is National Nutrition Month®!



## This year's theme is **Eat Right, Bite by Bite.**

Every step (or bite) you take to better nutrition is a step in the right direction.

### Let's take some steps!

- Challenge yourself to fill half of every lunch and dinner plate with fruits and vegetables (mostly veggies).
- Switch to a 100% whole grain bread.
- Include three servings of low-fat milk, yogurt, or cheese in your eating plan each day.
- Vary your protein choices (fish, peas, beans, lean meat, poultry, eggs)
- Keep an eye on the sodium content of the foods you choose.
- Choose water over sweet and sugary drinks.
- Only occasionally opt for foods such as desserts, pizza, sausages, etc.

### ABOUT YOUR COLD HOME-DELIVERED MEAL

Every meal provides 700-800 calories and 1/3 of the [Dietary Reference Intake](#) of significant vitamins and minerals.

Your meal has no salt added and less than 1,200 mg of sodium per meal. The exceptions are meals marked as a "high sodium meal."

Most meals come with bread or a roll, a diet dessert, and 8oz of 1% milk.

Food safety is important. If you do not eat your meal when it is delivered, please remember to refrigerate it immediately.



**Mystic Valley**  
Elder Services  
www.mves.org  
info@mves.org  
781-324-7705