

# TRIO CHILLED MENU

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

# MONDAY

**( ) indicates sodium in milligrams**

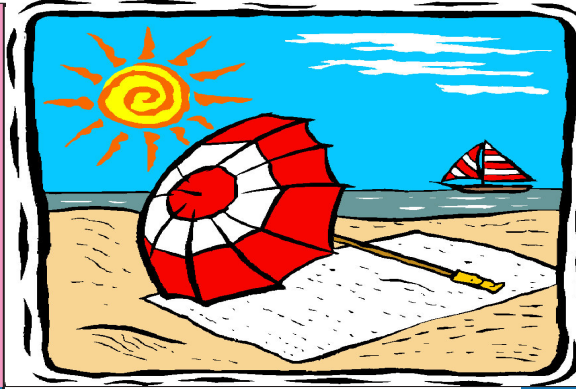
**\* indicates a higher-sodium item**

### Vindicates a vegetarian item

## TUESDAY

**Note: To cancel your meal,  
please call our Mystic Valley  
Nutrition Department at least  
one day in advance before  
11:30 AM:  
781-388-2303**

# WEDNESDAY



## THURSDAY

1

8

15

22

29

## FRIDAY

2

9

## L6

23

30

## Father's Day Special

**NO MEALS TODAY  
IN HONOR OF  
JUNETEENTH.**



**Mystic Valley**  
**Elder Services**

JUNE 2023

**Menu subject to change without notice. Available also at [www.mvcs.org](http://www.mvcs.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. The exceptions are meals marked as "high sodium meals". 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 upon delivery. To reheat meals, slit or peel back film in each compartment. Microwave 2 - 3 minutes maximum on high or place the meal on a cookie sheet in a 350 degree conventional oven for 10-15 mins. to an internal temperature of 165 degrees. Do not use a toaster oven.

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

## Why Not Try Plant-Forward Eating for Good Health?

*"Plant-forward is a style of cooking and eating that emphasizes plant-based foods but is not strictly limited to them. Meat may be included but it's usually not the main feature of the meal."* (Per American Heart Association)

Plant-forward eating includes fruits, vegetables, lean meats, skinless poultry, fish, nuts, seeds, oils, whole grains, legumes, and beans. Consuming fewer animal products decreases your risk of heart disease, stroke, obesity, high blood pressure, high cholesterol, type 2 diabetes, and many cancers.



### Here are a few tips to get you started:

- Prepare a vegetarian meal at least once per week.
- Fill ½ your plate with vegetables
- Change the way you think about meat—instead of having it as a centerpiece, have it as a side portion
- Build a meal around a salad—start with greens, add lots of veggies, nuts, seeds, chickpeas
- Add nuts or seeds and fruit to whole grain cereal
- Spread hummus on toast or low sodium crackers
- Choose a juicy fruit for dessert