

CITY FRESH • SUPPER MENU

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

() indicates sodium in milligrams
* indicates a higher-sodium item
(V) indicates a vegetarian item

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Mystic Valley
Elder Services

MARCH 2023

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.



National Nutrition Month® 2023

"FUEL FOR THE FUTURE"

Eating right doesn't have to be complicated. Before you eat:

- Think about what goes on your plate or in your bowl.
- Choose foods that provide the nutrients you need without too many calories.
- Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy, and lean protein foods (such as chicken, fish, eggs, beans, nuts), olive oil, fatty fish, avocados, or nuts.
- Cut down on foods with added sugar, saturated fat, and sodium.



eat right. Academy of Nutrition and Dietetics

Remember, it's never too late to start eating healthy! It can lower your risk of heart disease, Type 2 Diabetes, and some cancers.