

CITY FRESH CHILLED MENU

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>() indicates sodium in milligrams</div> <div>* indicates a higher-sodium item</div> <div>V indicates a vegetarian item</div>		<div>Note: To cancel your meal,</div> <div>please call our Mystic Valley</div> <div>Nutrition Department at</div> <div>least one day in advance</div> <div>before 11:30 AM:</div> <div>781-388-2303</div>		1		2		3	
				8		9		10	
				15		16		17	
				22		23		24	
				29		30		31	
6		7		13		14		20	
13		14		21		27		28	
20		21		28		29		30	
27		28		31		32		33	



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 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. 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.



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.