

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

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**FRIDAY**

**V** indicates a vegetarian item

**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**

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**Menu subject to change without notice. Available also at [www.mves.org](http://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. 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.

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.



# 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.