

TRIO CHILLED MENU

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

5

8

9

10

11

12

15

16

17

18

19

22

23

24

25

26

29

30



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. Refrigerate your chilled meal 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.



Need Help Reading the Nutrition Facts Label?

The Nutrition Facts Label allows us to compare foods to determine which one is the healthier choice by choosing foods that are lower in calories, fat or added sugars. We can also compare which products have more dietary fiber and other nutrients listed such as vitamin D and calcium.

Here are some basic steps to reading food labels:

- 1. Serving size**—look at the serving size and ask yourself if this is how much you consume. If you consume twice as much, you will need to double all the numbers below it.
- 2. Calories**—use this to compare products by amount of calories per serving
- 3. Total fat, saturated fat, trans fat, cholesterol, sodium**—look for 5% or lower.
- 4. Dietary fiber**—the higher, the better.
- 5. Includes 0 grams added sugars**—tells you how much sugar has been added to the food. Aim for zero % or as low as possible.

Percent daily value: 5% is considered low; 20% or more is high.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Label Image Source: FDA.gov