

TRIO 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, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM: 781-388-2303</div>				1		2	
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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, and 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 minus. 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.



Keeping Your Food Safe After a Power Outage



After the loss of power, refrigerated or frozen foods may not be safe to eat. Keep refrigerator and freezer doors closed. If you do, your refrigerator will keep food safe for up to 4 hours without power;

- a full freezer will keep food safe for 48 hours;
- a half-full freezer will keep it safe for 24 hours.

After 4 hours without power, throw out refrigerated foods like meat, fish, eggs, milk and leftovers.

You can safely refreeze or cook food from the freezer if the food still contains ice crystals and feels as cold as if refrigerated.

- Throw out any food with an unusual color, odor, or texture.
- Never taste food to determine if it is safe to eat.

WHEN IN DOUBT, THROW IT OUT

To learn more, call 1-800-CDC-INFO or visit cdc.gov/foodsafety.

