

# City Fresh--Low Lactose Menu

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

**MONDAY**

**TUESDAY**

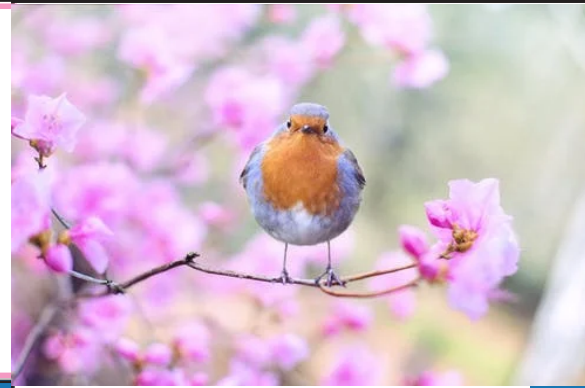
**WEDNESDAY**

**THURSDAY**

**FRIDAY**

( ) indicates sodium in milligrams  
\* indicates a higher-sodium item

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



5

6

7

1

2

12

13

14

15

16

19

20

21

22

23

**There will be no meals served today in observance of Patriot's Day.**

26

27

28

29

30



# Plan Ahead for Healthier Meals

Planning your meals ahead of time for the week allows you to control the type of foods you are eating and strive for healthier meals.

Planning ahead will:

- save a lot of time that you can use for other things you enjoy.
- cut out impulse buying which saves you money.
- help you eat healthier.
- mean fewer trips to the store lowering your risk for Covid-19.

Start with dinner by listing the days of the week and deciding what you will eat everyday including the main item, a side starch and side veggies. Then make a shopping list based on what you have decided to eat for the week.

Freeze items such as chicken breasts, lean beef patties, and fish to have on hand and thaw out in the refrigerator over a couple of days ahead of time. Even making large batches of soups or stew and freezing them in dinner-sized containers, can help you during the week.

Eat leafy greens at the beginning of the week and keep items such as carrots, Brussels sprouts, etc. for the end of the week. Leftovers can serve as lunch or a second dinner.

Once you have completed your dinner list, think about things you usually have for breakfast and lunch and add them to your shopping list.

Just think of all the extra time you will have the rest of the week to enjoy yourself!

## 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. Refrigerate your chilled meal immediately upon delivery. To reheat meals, slit or peelback 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.