## Stock Pot Carbohydrate Controlled Menu

A voluntay, confidential donation of $\$ 2$ is suggested.

| Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  | Moqueca Cod Fish Stew <br> White Rice <br> Roman Vegetables <br> Diet Jello <br> Milk/Margarine |
| Chicken Lasagna <br> Mixed Vegetables <br> Apple <br> Milk/Margarine | 4 | Black Eyed Peas Vegetable Stew White Rice Pears Milk/Margarine |  | Chicken Diane Cabbage \& Peas Mashed Potatoes Tropical Fruit Milk/Margarine | 6 | Stuffed Peppers with Turkey <br> Roasted Carrots Pasta <br> Diet Pudding <br> Milk/Margarine |  | Breaded Fish <br> Brown Rice Green beans Mandarin Oranges Milk/Margarine |
| Beef Chili <br> Carrots <br> Cornbread <br> Banana <br> Milk/Margarine | 11 | Mexican Chicken Carnitas <br> Casamiento Rice Street Corn/Zucchini Applesauce Milk/Margarine | 12 | Cheese Tortellini with Tomato Sauce Broccoli Mandarin Oranges Milk/Margarine | 13 | Turkey Teriyaki Meatballs Brown Rice Green Beans Pears Milk Margarine |  | Baked fish with Fresh Herbs and 15 <br> Lemon <br> Brown Rice <br> Mixed Vegetables <br> Diet Pudding <br> Milk/Margarine |
| Chicken Teriyaki White Rice Asian Vegetables Applesauce Milk/Margarine | 18 | Bolognese Pasta Peas \& Carrots Mandarin Oranges Milk/Margarine | 19 | BBQ Chicken Pasta <br> Collard Greens Diet pudding Milk/Margarine | 20 | Turkey Cassoulet <br> White Rice <br> Carrots <br> Fruit Cup <br> Milk/Margarine | 21 | Roasted Veggie 22 <br> Pesto Pasta (nut free)  <br> Spinach  <br> Diet Pudding  <br> Milk/Margarine  |
| Chicken Parmesan <br> Roman Vegetables <br> Pasta <br> Apple <br> Milk/Margarine | 25 | Italian Beef Stew Green Beans Mandarin Oranges Milk/Margarine | 26 | Vegetable Lasagna Mixed Vegetables <br> Pear <br> Milk/Margarine | 27 | Chicken Ranch Spinach Brown Rice Diet Pudding Milk/Margarine | 28 | Fish Cake 29 <br> Tartar Sauce  <br> Brown Rice  <br> Carrots \& Peas  <br> Diet Gelatin  <br> Milk/Margarine  |

## About your

## Carbohydrate controlled meal

Every meal provides a minimum of $1 / 3$ of the Dietary Reference Intake of significant vitamins and minerals.

Your meals are prepared with low-fat, lowsodium items, and the carbohydrate content is controlled.

Most meals come with a diet dessert and 8 oz of milk.

## MEALS ARE NOT DELIVERED

 ON THE FOLLOWING HOLIDAYS:
## SHOULDN'T YOUR LIFE AT HOME BE



Mystic Valley Elder Services partners with older adults, adults living with disabilities, and caregivers in the Mystic Valley region to ensure that everyone has the tools and services they need to live at home and in their own communities as long as they desire.

Through Mystic Valley, you can access home care services, Meals on Wheels, support for your financial wellbeing and your transportation needs, caregiver peer groups, and - most of all - the chance to make your life easier, healthier, safer, and more vibrant. Many of our services are available at no or very low cost.

Mystic Valley Elder Services works with our neighbors in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield, and Winthrop.

## PLEASE NOTE:

All carbohydrate controlled meals have a PINK DOT on the packaging.
Call the Nutrition Department with any questions about your meal or Meals on Wheels delivery: 781-388-2303.

