

CITY FRESH • CHILLED MENU

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAY 2024

Menu subject to change without notice. Available also at www.mves.org

Mystic Valley
Elder Services





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.



Foods to Give You More ENERGY!

Most of us have a sweet tooth but items such as candy, pastries, and sugary drinks give you too much sugar too quickly. What happens is you "crash" and then feel tired and hungry again. What will give you slower, longer lasting energy are complex carbs, healthy fats and protein. See below for some examples.

Complex Carbs: Oatmeal (unsweetened), fruits, vegetables, 100% whole grain bread, whole grain pasta, whole grain cereals



Proteins: Eggs, chicken, beans, nuts (lightly or unsalted), lean meats, fish, Greek yogurt

Healthy Fats: Salmon, nuts, vegetable oils, avocados



Water is very important too. If you are not sufficiently hydrated, you may feel tired.

More energy means a happier you!

Adapted from: Foods That Boost Your Energy (WebMD.com)