

# CITY FRESH • SUPPER 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  
 (V) indicates a vegetarian item

1

2

3

4

7

8

9

10

11

No meals served  
today in honor of  
Veteran's Day.

14

15

16

17

18

21

22

23

24

25

No meals served  
today in honor of  
Thanksgiving Day.

28

29

30

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





## Healthy Holiday Eating — Yes, it can be done!

Food is everywhere during the holiday season. With a little attention, you can make it through the holidays without losing track of your healthy lifestyle.

Try these tips for successful, healthy holiday eating:

- Survey the entire table. Decide which foods are worth the calories and which you can pass on.
- Eat a snack before you leave home.
- Eat your calories instead of drinking them.
- Try not to stay close to the food. Focus on people instead of eating.
- Watch your portion sizes. No covering your whole plate with food.
- Limit sweets and beverages.
- Enjoy your favorite holiday treats, but take a small portion, eat slowly and **enjoy!**

### 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, and 8 oz. of milk.

Food safety is important. If you do not eat your meal when it is delivered, please refrigerate it immediately.

