


CITY FRESH CHILLED MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>() indicates sodium in milligrams</p> <p>* indicates a higher-sodium item</p> <p>V indicates a vegetarian item</p>	1	2	3	4
7	8	9	10	11 No meals served today in honor of Veterans' Day.
14	15	16	17	18
21	22	23	24 No meals served today in honor of Thanksgiving Day.	25
28	29	30	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.	

NOVEMBER 2022



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. 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 mins. to an internal temperature of 165 degrees. Do not use a toaster oven.

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!**

