## STOCK POT RENAL MENU • March, 2024 <br> A voluntary, confidential donation of $\$ 2$ is suggested.

| Monday |  | Tuesday | Wednesday |  | Thursday |  | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  | Moqueca Cod Fish <br> Rice <br> Roman Blend <br> Diet Gelatin <br> Bread/Milk/Margarine |
| Chicken Lasagna <br> Mixed Vegetables Apple Milk/Margarine/Bread | 4 | Black Eyed Peas \& 5 <br> Vegetable Stew  <br> Rice  <br> Pears  <br> Bread  <br> Milk/Margarine  | Chicken Diane <br> Cabbage and Peas Mashed Potatoes Tropical Fruit Milk/Margarine/Bread | 6 | Stuffed Pepper with Turkey Carrots Pasta <br> Brownie Bread/Milk/Margarine |  | Breaded Fish 8 <br> Brown Rice  <br> Roasted Carrots  <br> Fruit  <br> Bread/Milk/Margarine  |
| Beef Chili Carrots Cornbread Diet Gelatin Milk/Margarine | 11 | Mexican Chicken Carnitas on 12 Salsa Verde Casamiento Rice Street Corn/Zucchini Applesauce Milk/Margarine/Bread | Cheese Tortellini with Cheese Sauce Broccoli Cookie <br> Bread/Milk/Margarine | 13 | Turkey Teriyaki Meatballs Brown Rice Green Bean Casserole Pear Bread/Milk/Margarine | 14 | Breaded Fish with Herbs and 15 Lemon Brown Rice Diet Pudding Bread/Milk/Margarine |
| Chicken Teriyaki White Rice Asian Vegetables Applesauce Bread/Milk/Margarine | 18 | Ground Beef 19 <br> Pasta  <br> Peas \& Carrots  <br> Diet Gelatin  <br> Bread/Milk/Margarine  | BBQ Chicken Pasta <br> Collard Greens Diet Gelatin Milk/Margarine/Bread | 20 | Turkey Cassoulet <br> White Rice <br> Carrots <br> Fruit Cup <br> Milk/Margarine/Bread | 21 | Roasted Vegetable Pesto Pasta 22 (nut free) Spinach <br> Diet Gelatin <br> Milk/Margarine/Bread |
| Chicken Parmesan <br> Roman Vegetables <br> Pasta <br> Apple <br> Milk/Margarine/Bread | 25 | Beef Stew 26 <br> Green Beans  <br> Diet Gelatin  <br> Milk/Margarine/Bread  | Vegetable Lasagna Mixed Vegetables Pears <br> Milk/Margarine/Bread | 27 | Chicken Ranch Spinach Carrots/Rice Diet Pudding Milk/Margarine/Bread | 28 | Fish Cake with Tartar Sauce $_{29}$ <br> Corn Chowder <br> Brown Rice <br> Diet Gelatin <br> Milk/Margarine/Bread |

## About your

## Renal 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-sodium, low potassium, low phosphorus, and low-sugar ingredients.

Most meals come with bread or a roll, a diet dessert, and milk.

## MEALS ARE NOT DELIVERED

 ON THE FOLLOWING HOLIDAYS:

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 renal meals have an ORANGE DOT on the packaging.
Call the Nutrition Department with any questions about your meal or Meals on Wheels delivery: 781-388-2303.

