



Mystic Valley  
Elder Services

MAY 2024

Menu subject to change  
without notice. Available  
also at [www.mves.org](http://www.mves.org)

FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY


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

# TRIO CHILLED MENU



## 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.

Some meals will include a nutritious soup. Please remember to **use caution** as the soup will be **very hot** once it is reheated. Remove cover on the soup container and microwave container for 1 minute. Heating time may vary depending on the strength of your microwave. You may also pour the soup into a saucepan and heat it on the stove.



# 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)