



**FOR IMMEDIATE RELEASE**

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## **A Variety of Meals Offered as Part of Meals on Wheels Program**

**(Malden, MA)**— Mystic Valley Elder Services (MVES) Meals on Wheels program delivers meals to people over 60 who are homebound and unable to prepare their own meals. The types of different meals include breakfast, lunch, supper and weekend meals. The hot and cold menu is varied and the meals are nutritionally balanced, cooked without added salt, and consists of an entrée, two sides, dessert, milk, bread and margarine. Medically tailored meals available include soft, ground, pureed, low-lactose, renal, and cardiac menus as well as carb controlled meals for people with diabetes.

MVES also offers authentically prepared cultural specific meals including Chinese, Caribbean, Asian/Vietnamese as well as Vegetarian and Kosher meals. “As our communities continue to grow and diversify, we know we need to follow suit to ensure that every culture has a seat at the table,” says Carla Castillo, Nutrition Program Manager. Two new cultural meal types--Russian and Haitian--have recently been added as part of the Meals on Wheels Program. Russian meals include signature dishes such as Beef pelmeni with caramelized onions and butter sauce, Kurnik (Chicken pie), Chicken Shashlik, Lamb Pilaf, and Beef Stroganoff. Haitian meals favorites include Eggplant Stew with yucca and Curried Chicken, Chicken Jambalaya, and Caribbean Roast Lamb.

If you or someone you love wishes to learn more about the MVES Meals on Wheels Program, please contact us at 781-324-7705 ex.100 or visit [mves.org/nutrition](http://mves.org/nutrition). Our team can assist you in determining eligibility for Meals on Wheels and other Nutrition Program offerings.

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### **About Mystic Valley Elder Services**

*For more than 45 years of giving older adults their independence, Mystic Valley Elder Services is a non-profit agency located in Malden, Mass., that provides essential home- and community-based care and resources to older adults, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop, regardless of their income level. Agency services include coordination of home care, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit [www.mves.org](http://www.mves.org).*