

# CITY FRESH • SUPPER MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		



## 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.



# 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)