

TRIO • CHILLED MENU

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JULY 2024

Menu subject to change without notice. Available also at www.mves.org

Mystic Valley
Elder Services





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. 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.



Stay Food-Safe This Season Spring Cleaning

Store leftovers for up to 4 days



Raw ground meat and poultry for 1-2 days

Throw out foods that should no longer be eaten



and steaks and roasts 3-5 days.



Keep Your Kitchen Surfaces Clean

Wash counters, utensils, your hands, and anything else that touches raw meat with soap and warm water.



Sanitize with a solution of 1 tablespoon of liquid chlorine bleach per gallon of water.

Source: Massachusetts Partnership for Food Safety Education - Learn more at mafoodsafetyeducation.info