

TRIO • SUPPER MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26 Tuna Salad Sandwich w/ Lettuce Potato Salad Summer Squash Salad Orange Bread/Milk/Margarine
29 California Chicken Salad Sandwich Potato Salad Beet Salad Fresh Fruit Bread/Milk/Margarine	30	31	<p>() indicates sodium in milligrams * indicates a higher-sodium item (V) indicates a vegetarian item</p> <p>Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM at 781-388-2303.</p>	



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.



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