SENIOR LUNCH MENU

A confidential, voluntary donation of $2 per meal is suggested.
Guests under 60 are welcome to join us for lunch at a cost of $3.50.

SEPTEMBER 2015

Mystic Valley Elder Services
www.mves.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch.	**1** Lentil spinach soup. HOT: Roast pork served with butternut squash and spinach. COLD: Tuna salad sandwich served with three bean salad and carrot pineapple salad. Tropical fruit for dessert.	**2** Seafood chowder. HOT: Baked Fiesta fish served with herbed brown rice and collard greens. COLD: Mediterranean tortellini salad served with summer squash salad. Fresh fruit for dessert.	**3** **LABOR DAY SPECIAL** Cream of sweet potato soup. Oven fried chicken breast served with macaroni and cheese and broccoli. Strawberry trifle for dessert.	**4** HOT: Tortellini with pesto cream sauce served with a tossed garden salad with lite Italian dressing and Tuscan blend vegetables. COLD: Garden salad with chicken breast served with lite ranch dressing and Greek pasta salad. Fruit loaf for dessert.
7 **There will be no meal service today in observance of Labor Day.**	**8** Tomato soup. HOT: Salmon filet served with cabbage and carrots and rice with peas. COLD: Turkey and American cheese sandwich served with orzo vegetable salad and a cauliflower carrot salad. Fresh fruit for dessert.	**9** HOT: White bean and kale stew served with herbed brown rice, and a tossed garden salad with lite Italian dressing. COLD: Chicken salad sandwich served with corn salad and tomato red pepper salad. Mixed fruit for dessert.	**10** Beef vegetable soup. HOT: Greek chicken served with couscous and roasted red peppers, mushrooms and onions. COLD: Vegetarian chef salad served with lite Italian dressing and potato salad. Apple cinnamon muffin for dessert.	**11** Tomato soup. HOT: Stuffed peppers served with Italian green beans and cream Parmesan polenta. COLD: Tuna salad sandwich served with an English pea salad and a spinach mandarin orange salad. Sherbet for dessert.
14 Tomato basil soup. HOT: Fish Florentine served with whipped sweet potatoes and a broccoli and cauliflower blend. COLD: Turkey deluxe sandwich served with ranch dressing, summer potato salad and a cauliflower carrot salad. Cherry snack loaf for dessert.	**15** Beef and bean soup. HOT: Honey mustard chicken served with zucchini, red peppers and red bliss potatoes. COLD: Roast beef and Provolone cheese sandwich served with balsamic vinaigrette pasta salad and three bean salad. Lemon pudding for dessert.	**16** HOT: Lasagna served with tossed garden salad with lite Italian dressing, spinach and chick peas. COLD: Curry chicken salad sandwich served with garden shell pasta salad and carrot pineapple salad. Applesauce for dessert.	**17** Cream of broccoli soup. HOT: Meatloaf served with dill carrots and mashed potatoes. COLD: Mediterranean tortellini salad served with summer squash salad. Tropical mixed fruit for dessert.	**18** HOT: Hot dog ** served with baked beans and cole slaw. COLD: Seafood salad sandwich served with broccoli tomato salad and corn salad. Fresh fruit for dessert.
21 Minestrone soup. HOT: Sweet potato fish filet served with herbed brown rice and kale. COLD: Ham** and Swiss cheese sandwich served with summer potato salad and broccoli slaw. Fruit flavored yogurt for dessert.	**22** HOT: Lentil stew served with broccoli, herbed brown rice, and a tossed salad with lite Italian dressing. COLD: Chicken salad sandwich served with roman blend salad and lo mein pasta salad. Chef's choice for dessert.	**23** Split pea soup. HOT: Broccoli and mushroom quiche served with stewed tomatoes and potatoes in cream sauce. COLD: Chef salad with turkey served with lite Italian dressing and pasta vegetable salad. Tropical mixed fruit for dessert.	**24** HOT: Chicken with creamy Italian sauce served with orzo pilaf and Italian green beans. COLD: Seafood salad sandwich served with tri color pasta salad and carrot pineapple salad. Fresh fruit for dessert.	**25** Chicken rice soup. HOT: Roast pork with raisin pineapple sauce served with butternut squash and cauliflower. COLD: Egg salad sandwich served with summer squash salad. Pears for dessert.
28 HOT: Chicken picatta served with red bliss potatoes and kale. COLD: Roast beef and Swiss cheese sandwich served with root vegetable salad and cole slaw. Vanilla pudding with whipped topping for dessert.	**29** Chicken vegetable soup. HOT: Turkey, broccoli and penne casserole served with peas and mushrooms. COLD: Egg salad sandwich served with chickpeas, cucumber and tomato salad. Watermelon for dessert.	**30** HOT: Pot roast served with mashed potatoes, Italian green beans and a tossed garden salad with lite Italian dressing. COLD: Tuna salad sandwich served with spinach mandarin salad with lite Italian dressing and pesto pasta salad. Birthday cake for dessert.		

**** indicates a high-sodium meal.**
V indicates a vegetarian item.

NOTE: We prefer that you make a reservation for lunch by talking to the meal site coordinator at least one day in advance, or you may call 781-324-7705 ext. 300.

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

ABOUT YOUR MEAL

Every meal provides 700-800 calories and 1/3 of the **Dietary Reference Intake** of significant vitamins and minerals.

Your meal has no salt added and no more than 1,300 milligrams of sodium. The exceptions are meals marked with a double asterisk that are high sodium and have over 1,300 milligrams of sodium.

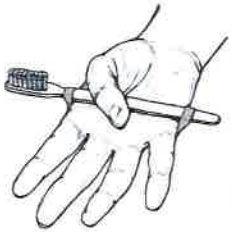
Most meals come with bread or a roll and margarine. Both the hot and cold meals include a dessert and 8oz of 1% milk, and some days also include a nutritious soup.

Meals include more ingredients than those listed on the menu. If you have any **allergies or food intolerances**, please inform the meal site coordinator.

SAY "AHHHHHH"

Vigilance over oral health increases your quality of life

A healthy mouth is important for many aspects of life, including eating well, absence of dental pain, personal relationships, and feeling good about your appearance. As an older adult, you'll want to be especially focused on your oral health, due to its relationship to systemic diseases such as heart disease and diabetes, and the effects that some of your medications may have on your oral cavity. Dental diseases such as tooth decay and oral diseases such as gingivitis and periodontitis cause pain, difficulty in chewing, bleeding gums, and bad breath. Your teeth may also loosen. **Regular and vigilant oral hygiene (including brushing and flossing), good nutrition, and access to regular dental care all play a role in how healthy your teeth and mouth will be.**



If you or someone you are caring for is having **trouble holding a toothbrush**, there are many ways you can adapt the toothbrush to make it easier to hold. You can attach a toothbrush to a velcro strap (often used with food utensils) or use an elastic band to attach the toothbrush to the hand [see images at left]. Other ideas to make gripping the toothbrush easier include cutting a slit in a tennis ball and attaching the toothbrush or attaching a bicycle grip to the end of a toothbrush [see images at right]. Some people also find that using an electronic toothbrush improves brushing technique.

Remember: flossing daily is also important! Floss holders, handles, and other aids may be used if manipulating plain floss is difficult.

2015 MEDICARE OPEN ENROLLMENT IS COMING!

October 15 to December 7

Open enrollment dates

Do you want expert, unbiased advice on your Medicare and health insurance options?
Does your drug plan cover all your prescriptions?

Call us for free Medicare counseling!

781-388-4845

This is our busiest time of year, so call early for an appointment!