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.

DECEMBER 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** Chicken vegetable soup. HOT: Turkey, broccoli and penne casserole served with peas and mushrooms. COLD: Egg salad sandwich served with potato salad and riviera salad. Chef's choice for dessert.	**2** Mushroom barley soup. HOT: Pot roast with gravy served with mashed potatoes and beets with onions. COLD: Chef salad with turkey served with lite Italian dressing and macaroni salad. Fresh fruit for dessert.	**3** Cream of butternut squash soup. HOT: Chicken picatta served with red bliss potatoes and kale. COLD: Tuna salad sandwich served with spinach and mandarin orange salad with lite Italian dressing and pesto pasta salad. Vanilla pudding with whipped topping for dessert.	**4** Cream of carrot soup. HOT: Potato fish filet served with herbed brown rice and ratatouille. COLD: Chicken salad sandwich served with a mixed bean salad and a tossed garden salad with lite Italian dressing. Cinnamon applesauce for dessert.
7 Escarole and bean soup. HOT: Roasted turkey with gravy served with mashed potatoes and broccoli. COLD: Ham***and Swiss cheese sandwich served with zucchini salad and pasta vegetable salad. Cranberry bread pudding with whipped topping for dessert.	**8** Vegetable soup. HOT: Chicken paprika served with honey glazed carrots with parsnips and wild rice. COLD: Roast beef and Swiss cheese sandwich served with cole slaw and balsamic vinaigrette pasta salad. Fresh fruit for dessert.	**9** HOT: Hot dog*** served with baked beans and broccoli slaw. COLD: Egg salad sandwich served with orzo vegetable salad and spinach and mandarin orange salad. Pineapples for dessert.	**10** Clam chowder. HOT: Creole fish served with rice with beans and collard greens. COLD: Turkey Deluxe*** served with carrot pineapple salad and an English pea salad. Lemon pudding with whipped topping for dessert.	**11** HOT: Cheese lasagna (V) served with a tossed garden salad with lite Italian dressing and fiesta blend vegetables. COLD: Garden salad with chicken breast served with potato salad. Cinnamon applesauce for dessert.
14 Corn chowder. HOT: Spinach and red pepper frittata (V) served with red bliss potatoes and green beans. COLD: Oriental chicken salad served with root vegetable salad and balsamic vinaigrette pasta salad. Mixed fruit for dessert.	**15** **HOLIDAY SPECIAL** Beef burgundy with mushrooms served with potatoes in a cream sauce with roasted root vegetables. Chocolate trifle for dessert.	**16** Italian garden vegetable soup. HOT: Fish served with broccoli cheese sauce, peas and carrots and whipped sweet potatoes. COLD: Roast beef and Swiss cheese sandwich served with potato salad, tossed garden salad with lite Italian dressing. Brownie for dessert.	**17** Beef vegetable soup. HOT: Chicken ginger served with brown rice, spinach and chickpeas. COLD: Egg salad sandwich served with tri-color pasta salad and carrot pineapple salad. Fresh fruit for dessert.	**18** HOT: Cheese omelet served with turkey sausage and O'Brien potatoes. COLD: Ham chef salad served with lite Italian dressing and orzo vegetable salad. Apple cinnamon muffin for dessert.
21 Split pea soup. HOT: Chicken marsala served with mashed potatoes and broccoli. COLD: Roast beef and Swiss cheese sandwich served with pesto pasta salad and riviera salad. Pineapple for dessert.	**22** Clam chowder. HOT: Salmon filet served with lemon pepper sauce, roasted potatoes and fiesta blend vegetables. COLD: Chicken pesto caesar salad served with caesar dressing and tri-color pasta salad. Tapioca pudding with whipped topping for dessert.	**23** Mushroom barley soup. HOT: American chop suey served with Italian green beans. COLD: Egg salad sandwich served with southwestern bean salad and a tossed garden salad. Fresh fruit for dessert.	**24** HOT: Beef stew served with chuckwagon corn, tossed salad and lite Italian dressing. COLD: Seafood salad sandwich served with English pea salad and roman blend salad. Birthday cake for dessert.	**25** **There will be no meal service today in observance of Christmas Day.**
28 Seafood chowder. HOT: Fish sticks with lemon sauce served with sweet potato wedges, peas and onions with parsley. COLD: Curry chicken salad sandwich served with potato salad and riviera salad. Pineapple for dessert.	**29** Spinach and mixed bean soup. HOT: Roast pork with apple glaze served with butternut squash and cauliflower. COLD: Egg salad sandwich served with a tossed garden salad and garden shell pasta salad. Fresh fruit for dessert.	**30** HOT: Macaroni and cheese** served with tomato half. COLD: Turkey and Swiss cheese sandwich served with three bean salad and cole slaw. Pears for dessert.	**31** Cream of butternut squash soup. HOT: Chicken with honey mustard sauce served with mashed potatoes and fiesta blend vegetables. COLD: Tuna salad sandwich served with macaroni salad and a tossed garden salad with lite Italian dressing. Chocolate pudding with whipped topping 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.

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.

LEFTOVER SAFETY: *extending your holiday meals*

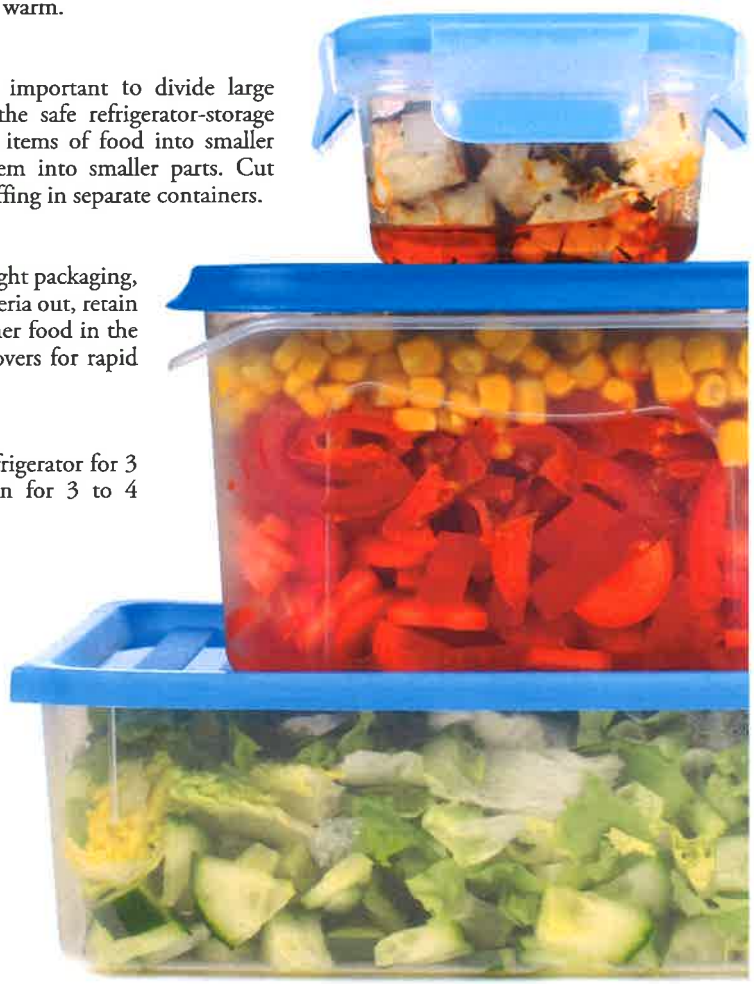
The last thing your winter season needs is a bellyache — or worse! — caused by improperly stored leftovers. And if you celebrate winter holidays, you may find yourself with a particularly full refrigerator this time of year. To keep your food tasty and free of nasty bacteria, follow the food safety tips (adapted from the federal Food Safety service) here:

KEEP FOOD OUT OF THE DANGER ZONE: Bacteria grow rapidly between the temperatures of 40° F and 140° F. After food is safely cooked, hot food must be kept hot at 140° F or warmer to prevent bacterial growth. Make sure to refrigerate the food within 2 hours of cooking food or after it is removed from an appliance keeping it warm.

COOL FOOD RAPIDLY: To prevent bacterial growth, it's important to divide large amounts of hot food into shallow containers so it reaches the safe refrigerator-storage temperature of 40° F or below as fast as possible. Cut large items of food into smaller portions to cool. For whole turkeys or hams, slice or cut them into smaller parts. Cut turkey into smaller pieces and refrigerate. Store turkey and stuffing in separate containers.

WRAP LEFTOVERS WELL: Cover leftovers, wrap them in airtight packaging, or seal them in storage containers. These practices help keep bacteria out, retain moisture, and prevent leftovers from picking up odors from other food in the refrigerator. Immediately refrigerate or freeze the wrapped leftovers for rapid cooling.

STORE LEFTOVERS SAFELY: Leftovers can be kept in the refrigerator for 3 to 4 days (gravy should be used within 1-2 days) or frozen for 3 to 4 months. Consider marking your leftovers with the date.

REHEAT LEFTOVERS SAFELY: When reheating leftovers, be sure they reach 165° F as measured with a food thermometer. Reheat gravy, sauces, and soups by bringing them to a rolling boil.

When reheating in the microwave, cover and rotate the food for even heating. Arrange food items evenly in a covered microwave safe glass or ceramic dish, and add some liquid if needed. Be sure the covering is microwave safe, and vent the lid or wrap to let the steam escape. The moist heat that is created will help destroy harmful bacteria and will ensure uniform cooking.