

# 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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**TAKE YOUR PICK:  
EACH DAY, YOU MAY  
SELECT FROM A HOT OR  
COLD LUNCH**

**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.**

**\*\* Indicates a high-sodium meal.  
(V) Indicates a vegetarian item.**

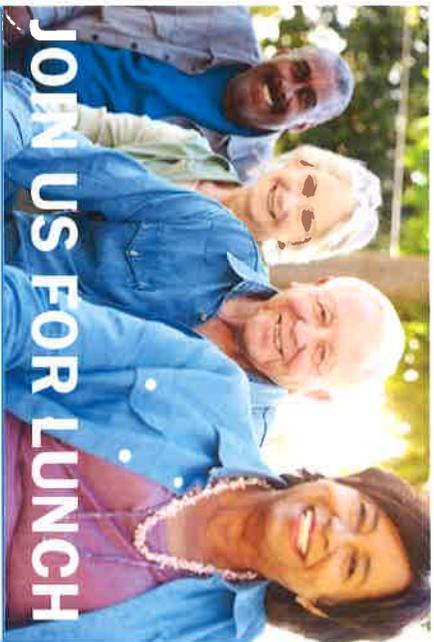
**In observance  
of New Year's Day,  
no lunch will be served today.**

<p><b>4</b> HOT: Beef stew served with kale. COLD: Mediterranean plate served with grape tomatoes and cucumber feta cheese salad. Fresh fruit for dessert.</p>	<p><b>5</b> Beef vegetable soup. HOT: Tortellini with pesto cream sauce served with Tuscan blend vegetables. COLD: Tuna salad sandwich served with Greek pasta salad and carrot pineapple salad. Vanilla pudding with whipped topping for dessert.</p>	<p><b>6</b> Pea soup. HOT: Chicken marsala served with buttered pasta and green beans. COLD: Egg salad sandwich served with a garden shell pasta salad and tossed salad with lite Italian dressing. Pineapple for desse</p>	<p><b>7</b> Orzo vegetable soup. HOT: Shepherds pie served with California vegetable blend. COLD: Garden salad with chicken breast with lite Ranch dressing served with potato salad. Fruit loaf for dessert.</p>	<p><b>8</b> HOT: Cheese, mushroom, onion omelet served with roasted potatoes and orange juice. COLD: Turkey and Swiss cheese sandwich served with three bean salad and broccoli tomato salad. Mixed fruit for dessert.</p>
<p><b>11</b> Mushroom barley soup. HOT: Salmon filet with dill sauce served with rice and green beans. COLD: Roast beef and provolone cheese served with cole slaw and summer potato salad. Lemon pudding with whipped topping for dessert.</p>	<p><b>12</b> Italian garden vegetable soup. Chicken divine with almonds served with stuffing and California blend vegetables. Apple crisp for dessert.</p>	<p><b>13</b> HOT: Lentil stew with shredded cheese served with herbed brown rice, spinach and mushrooms, and a tossed garden salad with lite Italian dressing. COLD: Chicken salad sandwich served with corn salad and tomato red pepper salad. Tropical mixed fruit for dessert.</p>	<p><b>14</b> Beef consomme. HOT: Lasagna with marinara sauce served with a meatball and winter blend vegetables. COLD: Turkey and Swiss cheese sandwich served with orzo vegetable salad, cauliflower and carrot salad. Peaches for dessert.</p>	<p><b>15</b> Tomato soup. HOT: Meatloaf with gravy served with beans with onions, and whipped potatoes. COLD: Tuna salad sandwich served with English pea salad and a spinach mandarin orange salad. Fresh fruit for dessert.</p>
<b>WINTER SPECIAL</b>				
<p><b>18</b> <b>In observance of the Rev. Dr. Martin Luther King, Jr. Day, no lunch will be served today.</b></p>	<p><b>19</b> Tomato basil soup. HOT: Honey mustard chicken served with kale and red bliss potatoes. COLD: Roast beef and Provolone cheese sandwich served with balsamic vinaigrette pasta salad and three bean salad. Fresh fruit for dessert.</p>	<p><b>20</b> Escarole and bean soup. HOT: Stuffed pepper served with carrots and creamy Parmesan polenta. COLD: Turkey deluxe sandwich with ranch dressing** served with corn salad and cauliflower carrot salad. Cinnamon applesauce for dessert.</p>	<p><b>21</b> Chicken orzo soup. HOT: Fish Florentine served with butternut squash and roman vegetable blend. COLD: Curry chicken salad served with garden shell pasta salad and a tossed salad with lite Italian dressing. Diced pears for dessert.</p>	<p><b>22</b> HOT: Hot dog** served with baked beans and cole slaw. COLD: Seafood salad sandwich served with broccoli tomato salad and summer potato salad. Chocolate pudding with whipped topping for dessert.</p>
<p><b>25</b> Cream of butternut squash soup. HOT: Spinach and red pepper quiche served with corn and stewed tomatoes. COLD: Chicken salad sandwich served with English pea salad and summer squash salad. Mandarin oranges for dessert.</p>	<p><b>26</b> Minestrone soup. HOT: Baked fish with broccoli cheese sauce served with red bliss potatoes and Italian green beans. COLD: Roast beef and Swiss cheese sandwich served with summer potato salad and cole slaw. Fruit flavored yogurt for dessert.</p>	<p><b>27</b> Italian garden vegetable soup. HOT: Chicken with creamy Italian sauce served with orzo pilaf and winter blend vegetables. COLD: Seafood salad sandwich served with a tossed garden salad with lite Italian dressing and macaroni salad. Birthday cake for dessert.</p>	<p><b>28</b> HOT: Macaroni and cheese** served with tomato half. COLD: Turkey chef salad served with lite Italian dressing and pasta vegetable salad. Fresh fruit for dessert.</p>	<p><b>29</b> Chicken rice soup. HOT: Turkey served with gravy, cranberry sauce, whipped potatoes and roasted root vegetables. COLD: Egg salad sandwich served with roman blend salad and to mein pasta salad. Peaches for dessert.</p>

Menu subject to change without notice. Available also at [www.mves.org](http://www.mves.org)

**JANUARY 2016**

Mystic Valley Elder Services



## ABOUT YOUR 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 **less than 700 mg of sodium per entrée** (protein, starch, vegetable). The exceptions are meals marked with a double asterisk that indicates a high sodium meal.

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.

# ENSURING GOOD HEALTH

*Mystic Valley Elder Services delivers nutritional supplements straight to your door*

If it's tough for you to shop on your own, and your health would be improved through use of a nutritional supplement, you may be interested in Mystic Valley Elder Services' Medical Foods Express service.

For less than you would pay at any grocery store, pharmacy, or warehouse store, we'll deliver name-brand nutrition supplements straight to your door. The Medical Foods Express service serves elders and adults living with disabilities who reside in Everett, Malden, Medford, Melrose, Stoneham, North Reading, Reading, or Wakefield.

Choose the nutrition supplement that's right for you. All are lactose-free, gluten-free, and Kosher. All are appropriate for low-sodium diets.

**Ensure** per case of 24 (sold in cases only). Choose from: Vanilla, Chocolate, or Strawberry. Each can provides 250 calories, more than eight grams of protein, and extra vitamins and minerals.

**Ensure Plus** \$29.00 per case of 24 (sold in cases only). Choose from: Vanilla, Chocolate or Strawberry. Each can provides 350

calories, more than thirteen grams of protein, and extra vitamins and minerals.

**Glucerna** \$37.00 per case of 24 (sold in cases only). Choose from Vanilla or Strawberry flavor. **Specially designed for people with diabetes.** Each can provides 29 grams of carbohydrates, ten grams of protein, and extra vitamins and minerals.

You do not have to be participating in the Meals on Wheels program to purchase and have home delivery of these nutrition supplements. The cost of the nutrition supplements program is not underwritten with public funds; it is a special service we offer to our community.

**Please allow up to three business days for processing and delivery. Payment must be made upon delivery. You may pay by cash or check. Please make checks payable to Mystic Valley Elder Services.**

**Questions? 781-324-7705 x 300.**



## How do I know if I should be using these products?

Each individual is different. If you are eating a balanced diet and maintaining a healthy weight, you probably don't need a supplement. However, if you have a problem eating a variety of foods or if you need to gain weight, a supplement may help you. Talk to your doctor, visiting nurse, or a dietitian to see if a supplement would benefit you. Please feel free to call our registered dietitian to answer your nutritional questions at (781) 324-7705 x 300.