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.

MAY 2015

Mystic Valley Elder Services

TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch.

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

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

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 HOT: Baked fish augratin served with brown orzo rice pilaf and collard greens. COLD: California chicken salad sandwich served with three bean salad and carrot pineapple salad. Peaches for dessert.
4 Beef vegetable soup. HOT: Cheese lasagna with a meatball served with spinach. COLD: Breaded chicken patty sandwich served with cucumber dill salad and roasted root vegetables. Applesauce for dessert.	**5** Cinco de Mayo HOT: Beef and bean chili served with kale and carrots. COLD: Tuna salad sandwich served with English pea salad and a cauliflower and carrot salad. Lime mousse with whipped topping for dessert.	**6** Orzo vegetable soup. HOT: Greek chicken served with roast potatoes and zucchini. COLD: Turkey and Swiss cheese sandwich served with corn salad and a tomato red pepper salad. Fresh fruit for dessert.	**7** MOTHER'S DAY SPECIAL Fresh fruit cup. Cheese omelet with cream sauce served with a turkey breakfast sausage link and a croissant. Chocolate banana bread pudding with whipped topping for dessert.	**8** Tomato soup. HOT: Sweet potato fish filet served with broccoli and rice with orzo and peas. COLD: Vegetarian chef salad served with potato salad. Pears in juice for dessert.
11 Beef consomme'. HOT: Ravioli served with zucchini. COLD: Turkey and American cheese sandwich served with balsamic vinaigrette pasta salad and a spinach mandarin orange salad with lite Italian dressing. Tropical mixed fruit for dessert.	**12** HOT: Fish Florentine served with corn and a spinach mandarin orange salad. COLD: Curry chicken salad sandwich served with potato salad and a carrot pineapple salad. Fruit loaf for dessert.	**13** Beef barley soup. HOT: Spinach and red pepper frittata served with green beans and lyonnaise potatoes. COLD: Roast beef and Provolone cheese sandwich served with garden shell pasta salad and a cauliflower carrot salad. Applesauce for dessert.	**14** Tomato basil soup. HOT: Baked chicken served with butternut squash and collard greens with onions. COLD: Mediterranean tortellini salad served with summer squash salad. Ice cream for dessert.	**15** HOT: Hot dog ** served with baked beans and cole slaw. COLD: Seafood salad sandwich served with broccoli tomato salad and pasta salad with cheese. Fresh fruit for dessert.
18 Minestrone soup. HOT: Chicken with creamy Italian sauce served with Italian roasted potatoes and cauliflower. COLD: Egg salad sandwich served with macaroni salad and broccoli slaw. Fresh fruit for dessert.	**19** HOT: Lentil stew served with broccoli and tossed salad with lite Italian dressing. COLD: Chef salad with turkey served with cheddar cheese, pasta vegetable salad with lite Italian dressing. Butterscotch pudding with whipped topping for dessert.	**20** Split pea soup. HOT: Potato fish filet served with herbed brown rice and kale. COLD: BBQ chicken with mozzarella cheese and red onion served with English pea salad and a roman blend salad. Chef's choice for dessert.	**21** HOT: Macaroni and cheese ** served with baked tomato half. COLD: Seafood salad sandwich served with Greek pasta salad and a carrot pineapple salad. Tropical mixed fruit for dessert.	**22** Chicken rice soup. HOT: Sloppy joes served with sweet potato wedges. COLD: Ham and Swiss cheese sandwich served with lo mein pasta salad and a summer squash salad. Mandarin oranges for dessert.
25 **THERE WILL BE NO LUNCH SERVED TODAY IN OBSERVANCE OF MEMORIAL DAY**	**26** HOT: Cranberry chicken served with whipped sweet potatoes and kale. COLD: Egg salad sandwich served with pesto pasta salad and a zucchini and tomato salad. Butterscotch pudding with whipped topping for dessert.	**27** Chicken vegetable soup. HOT: Turkey divan served with buttered noodles and Tuscany blend vegetables. COLD: Roast beef and Swiss cheese sandwich served with orzo vegetable salad and cole slaw. Mandarin oranges for dessert.	**28** Minestrone soup. HOT: Baked fish with lemon sauce served with brown herbed rice and ratatouille. COLD: Oriental chicken salad sandwich served with potato salad and a carrot pineapple salad. Applesauce for dessert.	**29** Italian garden vegetable soup. HOT: Stuffed shells served with mixed vegetables. COLD: Chef salad with ham served with cheddar cheese and macaroni salad. Birthday cake for dessert.

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.

MAY IS NATIONAL SALAD MONTH

Give your oven a rest this month and enjoy Mother Nature's crunchy bounty.

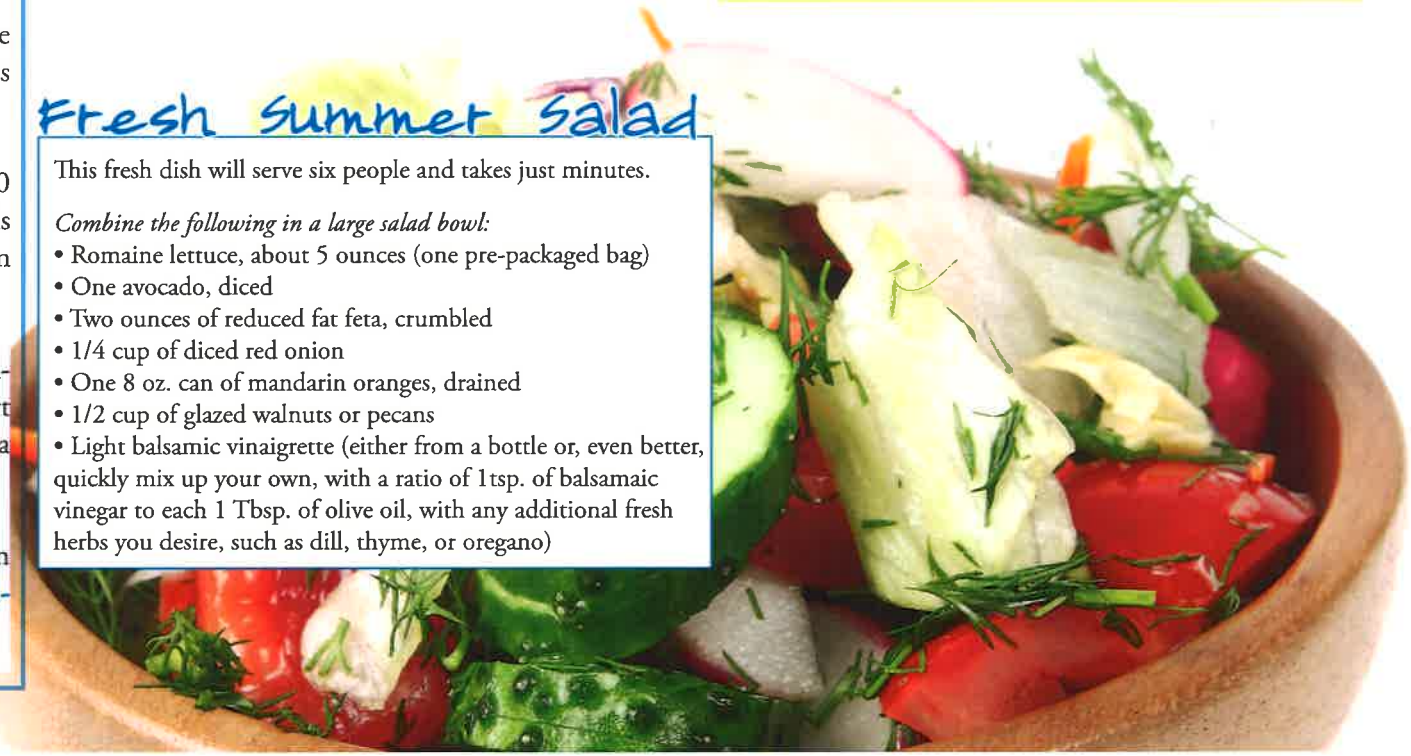
What to try, you ask? Grab handfuls of any of these juicy, crispy delights, toss, dress, and you've got a meal.

Spinach	Kale
Dark green lettuce	Red leaf lettuce or Romaine
Cucumber	Tomato
Shredded carrot	Radish
Red onion	Baby peas
Mandarin oranges	Grapefruit
Sliced strawberries	Raspberries
Dried cranberries	Avocado

Added protein makes a fully balanced meal:
Cooked chicken, turkey
Plain or marinated tofu cubes
Eggs (poached, hard boiled)
Nuts (almonds, pistaschios, walnuts, pecans, peanuts)
Seeds (sunflower, pumpkin)
Cheese (feta, goat cheese)
Beans (canned or crunchy roasted chickpeas or fava)

Fresh Summer Salad

This fresh dish will serve six people and takes just minutes.

Combine the following in a large salad bowl:

- Romaine lettuce, about 5 ounces (one pre-packaged bag)
- One avocado, diced
- Two ounces of reduced fat feta, crumbled
- 1/4 cup of diced red onion
- One 8 oz. can of mandarin oranges, drained
- 1/2 cup of glazed walnuts or pecans
- Light balsamic vinaigrette (either from a bottle or, even better, quickly mix up your own, with a ratio of 1tsp. of balsamaic vinegar to each 1 Tbsp. of olive oil, with any additional fresh herbs you desire, such as dill, thyme, or oregano)