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.

Mystic Valley Elder Services

AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mixed bean soup. HOT: Lasagna rollup with marinara sauce served with a meatball and spinach with mushrooms. COLD: Seafood salad sandwich served with zucchini salad and an orzo vegetable salad. Fresh fruit for dessert.	**2** Cream of mushroom soup. HOT: Creole fish served with rice and beans and collard greens with onions. COLD: Roast beef and American cheese sandwich served with cole slaw and balsamic vinaigrette pasta salad. Lemon pudding with whipped topping for dessert.	**3** Chicken orzo soup. HOT: Honey mustard chicken served with roasted red bliss potatoes and zucchini with red peppers. COLD: Vegetable chef salad (V) served with Israeli couscous. Blueberry snack loaf for dessert.	**4** HOT: Meatloaf served with beef gravy, mashed potatoes, and peas with onions. COLD: Cottage cheese and fruit plate (V) served with garden shell pasta salad. Mixed fruit for dessert.	**5** HOT: Tortellini with meat sauce served with cauliflower and a tossed garden salad with lite Italian dressing. COLD: Chicken pesto Caesar salad served with potato salad. Pears for dessert.
8 Beef barley soup. HOT: Roast turkey with gravy served with mashed potatoes, Italian green beans and cranberry sauce. COLD: Mediterranean plate (V) served with a cucumber, feta, onion salad and Israeli Couscous. Apple raisin compote with whipped topping for dessert.	**9** HOT: Chicken meatballs served with ziti, cauliflower, and a tossed garden salad with lite Italian dressing. COLD: Seafood salad sandwich served with potato salad, and a tossed garden salad with lite Italian dressing. Hoodsie cup for dessert.	**10** Italian garden vegetable soup. Crab cake served with red pepper sauce, chuckwagon corn and cole slaw. Angel food cake with strawberries for dessert. **SUMMER SPECIAL**	**11** HOT: Spinach and red pepper quiche (V) served with whole red bliss potatoes, stewed diced tomatoes, and a tossed garden salad with lite Italian dressing. COLD: Chicken salad sandwich served with orzo vegetable salad and summer squash salad. Fresh fruit for dessert.	**12** Corn chowder. HOT: Pot roast with beef gravy served with potatoes in a cream sauce and summer squash. COLD: Turkey chef salad served with garden shell pasta salad. Mandarin oranges for dessert.
15 Vegetable chicken soup. HOT: Chicken marsala served with rice pilaf browned orzo and kale. COLD: Mediterranean tortellini (V) salad served with summer squash salad. Peaches for dessert.	**16** Escarole and bean soup. HOT: Fish Florentine served with mashed potatoes and summer blend vegetables. COLD: Roast beef and cheddar cheese sandwich served with pesto pasta salad and Riviera salad. Chocolate pudding with whipped topping for dessert.	**17** HOT: American chop suey served with broccoli and a tossed garden salad with lite Italian dressing. COLD: Turkey and Swiss cheese sandwich served with English pea salad and Greek salad. Birthday cake for dessert.	**18** Vegetable soup. HOT: Hot dog ** served with baked beans and cole slaw. COLD: Egg salad sandwich served with potato salad and Roman blend salad. Mandarin oranges for dessert.	**19** HOT: Cheese omelette (V) served with peppers, mushrooms, onions and home fries. COLD: Chicken pesto Caesar salad with croutons and Parmesan cheese served with tri color pasta salad. Fresh fruit for dessert.
22 Cream of broccoli soup. HOT: Salmon with dill sauce served with whipped butternut squash and peas with mushrooms. COLD: Ham and Swiss cheese sandwich served with potato salad and a cauliflower carrot salad. Tapioca pudding for dessert.	**23** HOT: Hamburger with American cheese served with red pepper, mushroom, onions and potato salad. COLD: California chicken salad served with lo mein pasta salad and cole slaw. Pears for dessert.	**24** Seafood chowder. HOT: Honey mustard chicken served with zucchini with red peppers and whipped sweet potatoes. COLD: Egg salad sandwich served with pasta vegetable salad and summer squash salad. Watermelon for dessert.	**25** Mushroom barley soup. HOT: Stuffed shells with tomato sauce served with a meatball and mixed vegetables. COLD: Turkey and cheddar cheese sandwich served with corn salad and broccoli slaw. Applesauce for dessert.	**26** HOT: Roast pork with apple glaze served with butternut squash and peas with onions. COLD: Vegetarian chef salad (V) served with garden shell pasta salad with lite Italian dressing. Fruit loaf for dessert.
29 Split pea soup. HOT: Baked chicken with gravy served with stuffing, cranberry sauce and broccoli. COLD: Roast beef and Swiss cheese sandwich served with English pea salad and summer squash salad. Peaches for dessert.	**30** HOT: Beef stew served with corn and a tossed garden salad and lite Italian dressing. COLD: Seafood salad over garden salad served with balsamic vinaigrette pasta salad. Vanilla pudding with whipped topping for dessert.	**31** Tomato basil soup. HOT: Baked fish with broccoli cheese sauce served with brown rice orzo pilaf and mixed vegetables. COLD: Curry chicken salad sandwich served with lo mein pasta salad, and a spinach mandarin orange salad with lite Italian dressing. Fresh fruit for dessert.	**TAKE YOUR PICK: EACH DAY, YOU MAY SELECT FROM A HOT OR COLD LUNCH**	****Indicates a high-sodium meal.** **(V) Indicates a vegetarian item.** **Please see your meal site coordinator for sodium and calorie details.** **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. Available also 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 less than 1,200 mg of sodium per meal. The exceptions are meals marked with a double asterisk that are high sodium and have over 1,200 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.

CAREGIVER SERVICES
at Mystic Valley Elder Services

Providing care for another person, especially a loved one, is a complicated experience for both people. Feelings of gratitude, resentment, fatigue, and anger are perfectly normal and valid. We provide **SUPPORT, ASSISTANCE, RESOURCES, AND INFORMATION** to family caregivers.

These free services are available to anyone in the Mystic Valley region caring for an older adult or an adult of any age with Alzheimer's disease or a related memory disorder. We also provide support to older adults (60 or over) who are caring for an adult child with a developmental disability or for a child under the age of 18.

Find people who see you, see your challenges, and have been where you are. Join our **FREE, MONTHLY CAREGIVER SUPPORT GROUP** to find compassion, relief, strength, and advice.

As a caregiver, you may even qualify for a state-funded respite program that can relieve you of caregiving duties for a short time while you take a self-care break.

YOU ARE NOT ALONE, AND THERE IS HELP. Call us at **781-324-7705** to connect to the resources that will keep you and your loved one healthy and well.