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

MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Clam chowder HOT: Baked fish au gratin in a cream sauce served with orzo pilaf and ratatouille. COLD: Mediterranean tortellini salad (V) served with summer squash salad. Fresh fruit for dessert.	**3** Vegetable soup. HOT: Stuffed shells served with Parmesan cheese and zucchini. COLD: Garden salad with chicken breast served with lite ranch dressing and balsamic vinaigrette pasta salad. Peaches for dessert.	**4** Fresh fruit cup. Cheese omelet with mushrooms and onions in a cream sauce (V), home fries, and a croissant. Apple cake for dessert. **MOTHER'S DAY SPECIAL**	**5** Vegetable rice soup. HOT: Mild beef and bean chili served with kale and carrots. COLD: Egg salad sandwich (V) served with garden shell pasta salad and broccoli slaw. Lime mouse with whipped topping for dessert.	**6** HOT: Chicken stew served with collard greens. COLD: Tuna salad sandwich served with three bean salad and a carrot pineapple salad. Chocolate brownie for dessert.
9 HOT: Greek chicken served with couscous and zucchini. COLD: Seafood salad sandwich served with riviera salad and pesto pasta salad. Cinnamon applesauce for dessert.	**10** HOT: Lentil stew (V) served with herbed brown rice, broccoli and a tossed salad with lite Italian dressing. COLD: Ham and Swiss cheese sandwich served with orzo vegetable salad and a cauliflower with carrot salad. Sherbet for dessert.	**11** Corn chowder. HOT: Stuffed pepper served with peas, mushrooms and carrots. COLD: Vegetarian chef salad (V) served with lite Italian dressing and potato salad. Fresh fruit for dessert.	**12** Tomato soup. HOT: Salmon filet with lemon dill sauce served with fiesta blend vegetables and rice with orzo and peas. COLD: Chicken salad sandwich served with corn salad and a tomato red pepper salad. Mixed fruit for dessert.	**13** Beef vegetable soup. HOT: Whole grain lasagna served with Italian green beans. COLD: Roast beef and Provolone cheese sandwich served with English pea salad and spinach & mandarin orange salad. Apple raisin compote with topping for dessert.
16 Minestrone soup. HOT: Beef with BBQ sauce*** served with roasted potatoes and mixed vegetables. COLD: Seafood salad sandwich served with a broccoli tomato salad and corn salad. Lemon pudding for dessert.	**17** Oriental vegetable soup. HOT: Chicken lo mein served with oriental vegetable blend. COLD: Chef salad with turkey served with lite Italian dressing and balsamic vinaigrette pasta salad. Mandarin oranges for dessert.	**18** HOT: Tortellini with meat sauce served with Parmesan cheese, cauliflower with parsley and a tossed salad with lite Italian dressing. COLD: Curry chicken salad sandwich served with garden shell pasta salad and a carrot pineapple salad. Pears for dessert.	**19** HOT: Spinach and red pepper quiche (V) served with corn and stewed tomatoes. COLD: Roast beef and Provolone cheese sandwich served with summer potato salad and a cauliflower carrot salad. Fresh fruit for dessert.	**20** Seafood chowder. HOT: Fish with lemon pepper sauce served with butternut squash and broccoli. COLD: Mediterranean tortellini salad (V) served with summer squash salad. Birthday cake for dessert.
23 Vegetable barley soup. HOT: Beef stroganoff over buttered egg noodles served with green beans. COLD: BBQ chicken, mozzarella and red onion sandwich served with summer potato salad and a spinach & mandarin orange salad with lite Italian dressing. Fresh fruit for dessert.	**24** Clam chowder. HOT: Fish Florentine served with whipped potatoes and collard greens with onions. COLD: Ham and Swiss cheese sandwich served with English pea salad and a summer squash salad. Peaches for dessert.	**25** HOT: Hot dog*** served with baked beans and cole slaw. COLD: Egg salad sandwich (V) served with Roman blend salad and Lo mein pasta salad. Pears for dessert.	**26** Split pea soup. HOT: Chicken a la king served with orzo pilaf and broccoli. COLD: Cottage cheese and fruit plate (V) served with pasta vegetable salad and an apple cinnamon muffin. Chef's choice for dessert.	**27** HOT: Broccoli and mushroom frittata (V) served with red bliss potatoes and green beans. COLD: Turkey and American cheese sandwich served with tri-color pasta salad and cole slaw. Fruited yogurt for dessert.
30 **In observance of Memorial Day, no lunch will be served today.**	**31** Italian garden vegetable soup. HOT: Eggplant Parmesan over penne pasta (V) served with Parmesan cheese and broccoli. COLD: Chicken salad sandwich served with carrot pineapple salad and a mixed bean and chickpeas salad. Apple 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.** **NOTE: We prefer that you make a reservation for lunch by talking to the meal sitecoordinator 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.

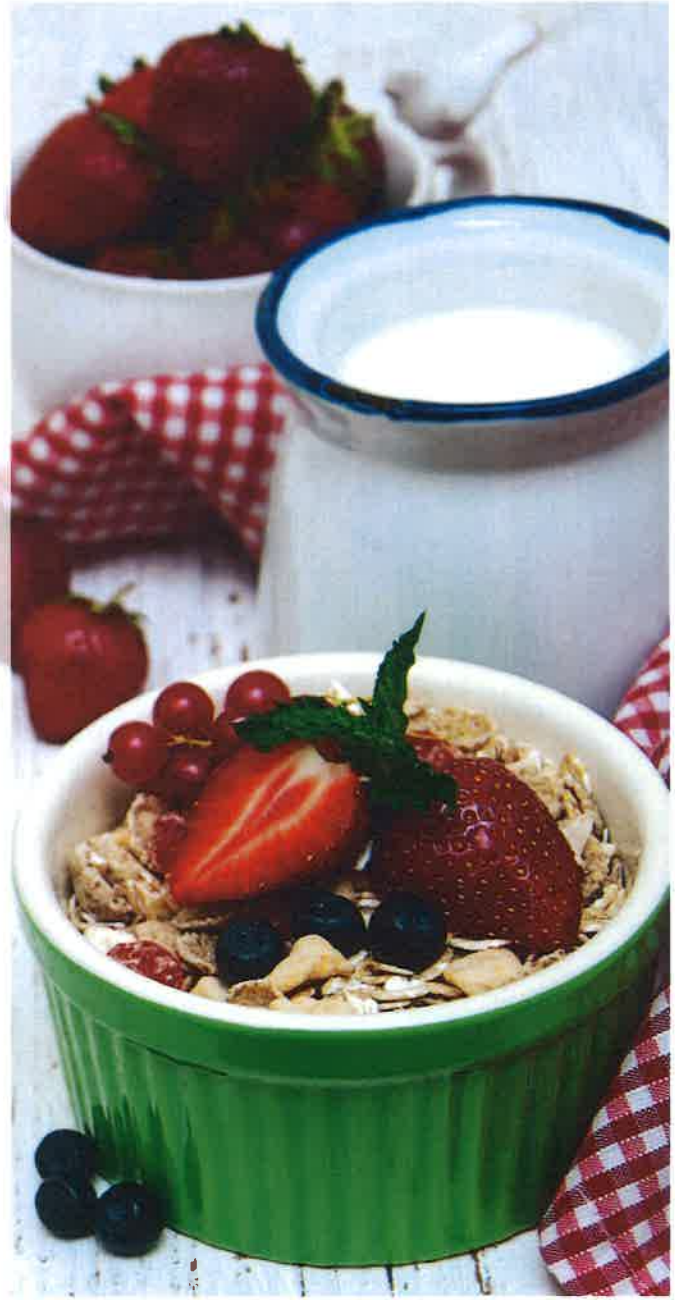
How sweet it would be: Give added sugars the boot

Recently, the U.S. government released updated Dietary Guidelines for Americans. The new guidelines recommend that, as a society, we work to limit the amount of added sugars in our eating pattern. Ditching added and refined sugars may reduce the risk of heart disease, obesity, diabetes, and certain types of cancer.

The most common foods that contain added sugars are cakes, cookies, pies, candy, soda, sweetened tea and coffee, pastries, doughnuts, fruited yogurt, sauces, and—surprising as it may seem—salad dressings.

Reading a food label for added sugars often feels confusing, as there is no distinction on the label between **natural sugars** (from fruit or milk) and **added sugars**.

The best way to determine if the food has **added sugar** is to look at the ingredient list on the Nutrition Facts food label. Look for words such as **sugar, corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey,** and **maple syrup.** Also look to see how far down the ingredient list the sugar occurs. **If it is near the top of the list, then the food contains a large amount of added sugar.**

Take a look at the foods that you eat which contain added sugars and make some healthy changes for a healthier you. Here's how to get started:

- Limit or cut out candy, baked goods, and dairy desserts.
- Skip sugary drinks and choose water instead.
- Cut out processed foods that are often high in added sugar, fat, and sodium.
- Compare food labels and choose products with the lowest amount of added sugars.
- Add fruit rather than sugar to cereal and oatmeal.