

To Cancel or Resume meals please call: (978) 345-8501
 Menu Subject to Change

 Asterisk* Indicates the item is >500 mg Sodium
 Suggested voluntary donation: \$3.00

Monday			Tuesday			Wednesday			Thursday			Friday								
Reduce the Carbohydrate content of any meal by saving the bread and/or dessert for a snack									1			2								
Reduce the Sodium content of any meal by saving the bread and/or baked dessert for a snack												Meatloaf/Grvy (345) Whip Potato(110) Mixed Veg (20) Bread (130) Fruit (5)								
									No Meals Delivered			Cal 695 Pro 40 Na 735								
5 Beef Burgundy & Carrots (395) Noodles (5) MG Bread (150) Pineapple (5)			6 Sweet & Sour Chicken (460) Rice (5) Broccoli (15) Dinner Roll (240) Gelatin (15)			7 Egg Salad (170) Potato Chips (80) Garden Salad (35) Roll (320) Fruit (5)			8 Hot dog*(540) Baked Beans (370) Pears (10) Coleslaw (15) Bun (270)			9 Stuffed Shells & Marinara (410) Cauliflower (15) Oat Bread (150) Cookie (65)								
Cal 655	Pro 40	Na 680	Cal 620	Pro 35	Na 860	Cal 640	Pro 30	Na 735	Cal 840	Pro 30	Na 1475	Cal 590	Pro 30	Na 875						
12 BBQ Pulled Pork (290) Sweet Potato (55) Brusel's.Sprts (15) Burger Bun (250) Applesauce (20)			13 Beef & (385) Vegetable Stew Whip Potato(110) Biscuit (280) Cookie (60)			14 Turkey & gravy*(765) Whip Potato(110) Butternut (20) LS Bread (0) Applesauce (20)			15 Chicken Cacciatore & Penne (415) Green Beans (5) Pudding (170) Dinner Roll (240)			16 Breaded Fish (220) Risotto (110) Vegetables (25) MG Bread Fruit (5)								
Cal 895	Pro 50	Na 760	Cal 745	Pro 35	Na 965	Cal 550	Pro 35	Na 1045	Cal 720	Pro 40	Na 1065	Cal 845	Pro 35	Na 930						
9 			20 Frittata (140) Roasted Potato (5) Capri Veg (15) Fruit Loaf (170) Yogurt (75) Juice (5)			21 Stuffed Chicken (460) Orzo & Peas (45) Beets (140) MG Bread (150) Fruit (0)			22 Birthday American Chop Suey (350) Cauliflower (15) Garlic Roll (240) Cake (175)			23 Lentils (150) Whip Potato(110) Carrots (70) Oat Bread (150) Fruit (5)								
No Meals Delivered			Cal 710	Pro 20	Na 490	Cal 690	Pro 35	Na 930	Cal 735	Pro 40	Na 910	Cal 680	Pro 30	Na 615						
26 Meatloaf/Grvy (345) Whip Potato (110) Green Beans (5) Oat Bread (150) Cookie (230)			27 Garlic & Dill Fish (130) Brown Rice (25) Beets (140) WW Bread (165) Fruit (5)			28 Orange Pork (355) Lo Mein (50) Vegetables (25) Dinner Roll (260) Fruit (5)			29 Mary Me Chicken*(740) Quinoa (5) Mixed Veg (55) Bread (130) Gelatin (15)			30 Mushroom Alfredo Ravioli (450) Spinach (145) Fruit (5) MG Bread (150) Fruit (5)								
Cal 960	Pro 45	Na 960	Cal 625	Pro 30	Na 595	Cal 790	Pro 40	Na 810	Cal 845	Pro 35	Na 1070	Cal 685	Pro 40	Na 885						

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NOURISH TO FLOURISH IN THE NEW YEAR

NUTRIENTS WORTH ADDING



As you step into the new year, focus on nourishment that helps you stay strong, active, and energized. Small, consistent choices—like adding more fiber, potassium, vitamin D, and omega-3s—support lasting health and help you feel your best every day.

Dietary Fiber

Functions: Supports heart and digestive health, including regularity

Sources: Whole grains, fruits, vegetables, beans, and popcorn

How much do you need?

21 g/day (women), 30 g/day (men)

Potassium

Functions: Helps your kidneys, heart, muscles, and nerves work properly

Sources: Leafy greens, beans, potatoes, avocado, yogurt, and bananas

How much do you need? 2,600 mg/day (women), 3,400 mg/day (men)

Omega-3s

Functions: Support heart, brain, and eye health

Sources: Fatty fish (like salmon and mackerel), flaxseed, chia seeds, and walnuts

How much do you need?

1–2 servings of fatty fish per week or include plant sources daily

Vitamin D

Functions: Supports bone and immune health

Sources: Salmon, trout, fortified milk or yogurt, UV-exposed mushrooms, fortified juice, and sunlight

How much do you need?

800 IU/day (male and female 70+)

Supplements may help if sunlight exposure is limited.



Everyday Habits that Help You Flourish

- Plan meals
- Build balanced meals
- Stay hydrated
- Eat the rainbow
- Don't skip meals
- Add foods, don't just subtract