

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

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

Monday			Tuesday			Wednesday			Thursday			Friday		
<p><u>Reduce the Carbohydrate content</u> of a meal by saving the Bread, and/or Dessert for a snack.</p> <p><u>Reduce the Sodium content</u> of a meal by saving the Bread, & Non-Fruit Dessert for a snack.</p> <p>Total Calories, Na and Protein include: Entrée, sides, dessert, fruit, bread, milk & margarine.</p> <p>Sodium (Na): Milligrams noted in parenthesis, High Na items: Na in Bold type</p> <p>High Sodium Days in Na content in Bold type</p>												1		
												Chicken Piccata (430) Rice Pilaf (40) Broccoli (10) WW Bread (165) Pudding (190)		
4			5			6			7			8		
Hamburger (415) Sweet Potato (55) Beets (140) WW Roll (250) Gelatin (15)			Breaded Fish (330) Mixed Veg (5) Whip Potato (110) Roll (260) Cookie (60)			ChickenTeriyaki(735) Green Beans (5) Veggie Rice (85) MG Bread (150) Pineapple (5)			Turkey & Cheese Chef Salad (520) Bean Salad (230) Fresh Fruit (5) Pita Bread (160)			EggplantParm(1050) Pasta (5) Veg Blend (15) LS WW Bread (0) Mandarins (10)		
Cal 675	Na 1095	Pro 30	Cal 675	Na 890	Pro 25	Cal 615	Na 1005	Pro 40	Cal 460	Na 910	Pro 30	Cal 715	Na 1200	Pro 30
11			12			13			14			15		
Greek Chicken (520) Risotto (105) MG Bread (150) Chilled Fruit (5)			American Chop Suey (350) Broccoli (10) WW Garlic Roll (240) Fresh Fruit (5)			Tuna Salad (240) 3 Bean Salad (325) Garden Salad (35) WW Bread (330) Pineapple (5)			BBQ Pork (510) Peach Cobbler (40) Green Beans (5) Potato Salad (100) Roll (250)			Broccoli Bake (340) Potatoes (25) Carrots (65) Fruit Loaf (170) Yogurt (75) Juice (0)		
Cal 655	Na 915	Pro 40	Cal 730	Na 735	Pro 40	Cal 570	Na 1060	Pro 35	Cal 955	Na 1030	Pro 40	Cal 815	Na 765	Pro 25
18			19			20			21			22		
Pork w/Mushrooms(290) Sweet Potatoes (30) Cauliflower (15) WW Roll (240) Applesauce (20)			Pasta & Meatballs (395) Veg Blend (15) Oat Bread (150) Mandarins (10)			Omelet (310) Tky Sausage(280) Rst. Potatoes (5) Ratatouille (115) Bread (180) Fruit Whip (5)			Chicken Salad (395) Quinoa Salad (135) Carrot Slaw (70) MG Bread (300) Cookie (60)			Pot Roast (565) Beets (140) Butternut (15) Biscuit (280) Fresh Fruit (5)		
Cal 850	Na 725	Pro 45	Cal 660	Na 805	Pro 35	Cal 805	Na 1025	Pro 35	Cal 930	Na 1090	Pro 45	Cal 600	Na 1130	Pro 35
25			26			27			28			29		
ThaiBeef&Peppers(230) Broccoli (10) Brown Rice (25) WW Bread (165) Chilled Fruit (5)			Hot Dog (540) Baked Beans(370) Warm Apples(10) Coleslaw (15) Roll (250)			Tortellini Salad (310) Cucumber & Tomato Salad (220) Fruit (5) Oat Bread (150)			MarryMeChicken(740) Couscous (5) Green Beans (5) Cupcake (175) Roll (260)			Lemon Garlic Fish(60) Corn (5) Spinach (210) MG Bread (150) Gelatin (15)		
Cal 700	Na 570	Pro 35	Cal 830	Na 1455	Pro 30	Cal 775	Na 810	Pro 30	Cal 975	Na 1310	Pro 110	Cal 635	Na 565	Pro 35

Nutrition Questions: Contact Alex Welch RD at 978-868-6081 AWelch@MOCInc.org To Cancel meals call (978) 345-8501

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the Community Foundation of North Central MA.

Nutrition Matters is a monthly publication from Making Opportunity Count providing you with relevant & timely nutrition information.



Planning and preparing nutritious meals ahead of time is a great way to stay on track to meet your healthy eating goals throughout the week!

Benefits of Meal Prepping

- ▶ Reduces Food Waste
- ▶ Promotes Healthier Choices
- ▶ Saves Money & Time
- ▶ Reduces Stress

Steps for Meal Prepping

Step 1: Plan Your Menu

- Find appealing, healthy recipes (cookbooks, websites)
- Include vegetables, fruits, lean protein, whole grains, legumes, and dairy or alternatives
- Follow the balanced plate: ½ veggies and fruits, ¼ protein, ¼ whole grains
- Plan 3 meals + 2 snacks daily
- Scale recipes for needed portions

Step 2: Create Shopping List

- Check your pantry and fridge for ingredients to use before buying more
- Make a list or use an app
- Review sales before shopping
- Stock up on spices, condiments, herbs
- Keep staple items on hand, such as fruits, vegetables, proteins, and whole grains

3: Prioritize Time

- Dedicate time to prepping food, even if only 5 minutes at a time
- Wash/chop produce; cook grains/proteins
- Make extra of staple ingredients for future use, such as whole grains or cooked chicken breast
- Portion food for the week

Step 4: Store Meals Properly

- Use clean, airtight containers with dates
- Refrigerate within 2 hours or freeze
- Reheat to 165°F minimum
- Most leftovers last 3–4 days (fridge), 2–3 months (freezer)
- When in doubt, throw it out!