

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
1  No Meal Delivery	2 Meatloaf/Gravy (340) Whip Potato (110) Peas (60) MG Bread (150) Fresh Fruit (5)	3 Egg Salad (170) Garden Salad (35) Tabouli (70) Yogurt(75)/Juice(0) Vienna Bread (360)	4 BBQ Pull'd Pork*(510) Swt Potato (55) Collard Greens (35) Bun (250) Applesauce (20)	5 Crab Cake*(510) Rice & Beans (85) Peach Crisp (20) Oat Bread (150) Cuke Salad (40)
	Cal Na Pro 740 790 40	Cal Na Pro 615 715 25	Cal Na Pro 710 995 40	Cal Na Pro 745 1065 25
8 Turkey/Gravy* (765) Whip Potato (110) Carrots (65) LS WW Bread (0) Chilled Fruit (5)	9 Lasagna *(550) Veg Blend (25) Garlic Roll (240) Cookie (60) Diet: No Dessert	10 Hot Dog* (540) Baked Beans (370) Warm Apples (10) Coleslaw (15) Roll (250)	11 Cold: Rst Beef & Cheese (200) Chips (170) Salad (35) MG Bread (300) Fresh Fruit (5)	12 ChicknPiccata 430 Rice Pilaf (40) Broccoli (10) WW Bread (165) Pudding (190) Diet: Diet Pudding
Cal Na Pro 525 1080 35	Cal Na Pro 645 1090 30	Cal Na Pro 830 1455 30	Cal Na Pro 620 890 35	Cal Na Pro 650 960 40
15 Burger (425) Sweet Potato (55) Beets (140) WW Roll (250) Gelatin (15)	16 Breaded Fish (330) Mixed Veg (5) Whip Potato (110) WW Bread (165) Chilled Fruit (5)	17 Pineapple Chicken & Peppers (350) Fried Rice (65) Berries & Rhubarb (5) Garden Salad (175) WW Roll (240)	18 Cold Turkey & Cheese Chef Salad*(520) Bean Salad (335) Fresh Fruit (5) Pita Bread (160)	19 Eggplant Parm *(1050) Pasta (5) Veg Blend (15) LS WW Brd (0) Mandarins (10)
Cal Na Pro 675 1095 30	Cal Na Pro 715 870 25	Cal Na Pro 770 960 40	Cal Na Pro 660 1145 40	Cal Na Pro 715 1200 30
22 Greek Chicken*(520) Risotto (105) MG Bread (150) Chilled Fruit (5)	23 Broccoli Bake(340) Potatoes (25) Carrots (65) Fruit Loaf (170) Yogurt (75) Juice (0)	24 Tuna Salad (240) 3 Bean Salad (325) Garden Salad (35) WW Bread (330) Chilled Fruit (5)	25 Amer. Chop Suey (440) Broccoli (10) WW Garlic Roll (240) Cupcake (175) Diet: Diet Dessert	26 Sausage Peppers & Onions*(630) Tater Tots (335) Butternut (20) Roll (270) Fresh Fruit (5)
Cal Na Pro 655 915 40	Cal Na Pro 815 765 25	Cal Na Pro 570 1060 35	Cal Na Pro 830 1000 45	Cal Na Pro 795 1385 30
29 Roast Pork w/Mushrooms(290) Sweet Potato (30) Cauliflower (15) WW Roll (240) Applesauce (20)	30 Meatballs/Pasta (395) Veg Blend (15) Oat Bread (150) Mandarins (10)	Reduce the Carbohydrate content of any meal by saving the Bread, and/or Dessert for a snack. Reduce the Sodium content of any meal by saving the Bread, & Non-Fruit Dessert for a snack. Nutrition Questions: Contact Alex Welch RD at AWelch@MOCInc.org To Cancel or Resume meals please call: (978) 345-8501		
Cal Na Pro 845 725 45	Cal Na Pro 660 805 35			

Nutrition Matters is a monthly publication offering relevant and timely nutrition information.



FROM Plate TO Pillow

**Nutrition Tips
for Deeper Sleep**

A good night's sleep is essential for brain function, mood, and immune health, but 1 in 3 adults do not get enough. Eating the right nutrients and making small changes to your routine can help improve sleep quality.

Sleep-Supporting Foods

Best Food Sources	Beneficial Compound
Kiwi fruit, tart cherries, dark chocolate, walnuts, almond, blueberries, goji berries, spinach, kale, avocado, sweet potatoes, pumpkin seeds	Antioxidants
Dairy and dairy alternatives, leafy greens, almonds, tofu	Calcium
Pumpkin seeds, almonds, spinach, bananas, whole grains	Magnesium
Tart cherries, goji berries, eggs, milk, pistachios, walnuts, almonds, cashews, grapes, tomatoes, brown rice, mushrooms oatmeal, legumes, salmon, sardines	Melatonin
Fatty fish (salmon, mackerel, sardines), flaxseeds, chia seeds, walnuts	Omega-3 Fatty Acids
Turkey, chicken, fish, eggs, dairy, nuts, seeds, cheese, tofu, bananas, spinach, dark chocolate, whole grains	Tryptophan
Chickpeas, lentils, salmon, tuna, chicken, turkey, beef, eggs, milk, bananas, potatoes, avocados, spinach, carrots, oats, fortified cereals, brown rice, sunflower seeds, pistachios	Vitamin B6
UV-exposed mushrooms, fortified dairy and dairy alternatives, fatty fish, egg yolks, beef liver, fortified orange juice	Vitamin D

Sleep-Disrupting Foods and Drinks

- Caffeine (coffee, soda, chocolate)
- Alcohol
- Refined grains (white bread, pasta)
- High-sugar, processed foods

Sleep-Friendly Eating Habits

- Stick to consistent meal timing
- Keep dinner light
- Try calming herbal teas
- Choose a sleep-friendly snack

Sleep-Supporting Snack Ideas

Banana + almond butter | Warm milk + cinnamon | Greek yogurt with + walnuts
Kiwi + handful of almonds | Oatmeal + flaxseeds + berries | Tart cherry juice + pistachios