

TRIO CONGREGATE MENU

A confidential, voluntary donation of \$2 per meal is suggested.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* indicates a higher-sodium item V indicates a vegetarian item	Note: We prefer that you make a reservation for lunch by talking to the meal site coordinator at least one day in advance.	1	2	3
6	7	8	9	10
13	14	15	16	17
20	VALENTINE'S DAY SPECIAL	22	23	24
<del>No meals served today</del> in honor of President's Day.	21			
27	28			
				



## ABOUT YOUR MEAL

Every meal provides an average of 700- 800 calories and a minimum of 1/3 of the Dietary Reference Intake of significant vitamins and minerals.

Your meal has no salt added and most have less than 1,200 mg of sodium per meal. The exceptions are meals marked as “high sodium meal”. Most meals come with bread or a roll, dessert, and 8 oz. of milk.

Meals include more ingredients than those listed on the menu. If you have any allergies or food intolerances, please inform the meal site coordinator.

## Keeping Your Food Safe After a Power Outage



After the loss of power, refrigerated or frozen foods may not be safe to eat. Keep refrigerator and freezer doors closed. If you do, your refrigerator will keep food safe for up to 4 hours without power;

- a full freezer will keep food safe for 48 hours;
- a half-full freezer will keep it safe for 24 hours.

**After 4 hours without power, throw out refrigerated foods like meat, fish, eggs, milk and leftovers.**

You can safely refreeze or cook food from the freezer if the food still contains ice crystals and feels as cold as if refrigerated.

- Throw out any food with an unusual color, odor, or texture.
- Never taste food to determine if it is safe to eat.

## WHEN IN DOUBT, THROW IT OUT

To learn more, call 1-800-CDC-INFO or visit [cdc.gov/foodsafety](https://cdc.gov/foodsafety).

