

MVM-HOME brings to you Edible Independence; at-Home Delivery of Healthy Prepared Meals. Nutritious, Delicious, Convenient & Affordable.

Dietician created, Department of Health approved, seasonal menu selections.



Let MVM HOME's Edible Independence deliver peace of mind for you at home or loved ones far away. No more worries about eating right. Our Chef prepared Quick-Frozen meals are delivered weekly to your home! Tasty, Healthy, Easy & Affordable! Simply heat and eat in the comfort of your home.

Meal Plan Options of 7 or 14 meals delivered to you weekly by our trained staff. Dietician created, NY State Department of Health approved, Chef Prepared...Take your worries out of eating right and replace it with enjoyment.

**Eat Right, Live Well,  
Live Long...**

**MVM-HOME's**

**Edible  
Independence**

**Dietician Created,  
Chef Prepared,  
Health Department  
Approved**

**Tasty, Healthy,  
Convenient,  
Affordable, Sensible**

**MVM-HOME**

**397 Wilbur Avenue  
Kingston, New York 12401  
845-331-MEAL (6325)**

[www.edibleindependence.com](http://www.edibleindependence.com)

*"In your home...never alone"*



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**Edible  
Independence**



**Delicious and  
Nutritious Meals  
Delivered To You**

**Phone: 845-331-MEAL**

# Edible Independence

*All meals are delivered to your home. Heat and eat ready at \$55.00 per week!*

Summer Menu – Week 1

*“In your home...never alone”* **845-331-MEAL (6325)**

1	2	3	4	5	6	7
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Herb Roasted Chicken	Breaded Pork Cutlet	Grilled Flank Steak with Sautéed Peppers & Onions	Chicken Marsala	Pepper Steak over Brown Rice	Lemon Pepper Fish	Chicken Quesadilla
Baked Sweet Potato	Buttered Noodles	Seasoned Spinach	Herb Roasted Potatoes	Asian Vegetable Mix	Wild Rice Pilaf	Rice & Beans
Summer Asparagus	Green Beans	Onion Roll	Seasoned Peas	Dinner Roll	Sesame Snap Peas	Zucchini
Cranberry Sauce	Dinner Roll	Assorted Desserts	Italian Bread	Assorted Desserts	Dinner Roll	Chips & Salsa
Dinner Roll	Assorted Desserts		Green Salad		Assorted Desserts	Assorted Desserts
Assorted Desserts			Assorted Desserts			

For food safety & quality, follow these instructions carefully:

Thaw Meal. Heat thoroughly. Heat times may vary depending on microwave strength.

Microwave Instructions: Heat 3-4 minutes on high or until food’s internal temperature reaches 160F as measured by a food thermometer taken in several spots.

Remove and serve.

Promptly refrigerate any leftovers. For crispier results, prepare in conventional oven.

*Special Vet Pricing Available*

*Menu changes weekly*