

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 (6325)**

# Edible Independence

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

Summer Menu – Week 3

*“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>
Baked Ham with Pineapple	Chicken Fajita with Sautéed Peppers	Traditional Meatloaf	Grilled Turkey Burger	Sausage, Peppers & Onions	Salmon Burger	Beef Bourignonne
Baked Sweet Potato	Rice & Peas	Buttered Green Beans	Lettuce, Tomato & Onion	Over Bowtie Pasta	Herb Roasted Potatoes	Egg Noodles
Seasoned Cauliflower	Chips & Salsa	Mashed Potatoes	Dinner Roll	Carrots	Tomato Baked with Cheese	Mixed Summer Vegetables.
Dinner Roll	Chocolate Ice Cream	Dinner Roll	Seasoned Corn	Dinner Roll	Dinner Roll	Onion Roll
Fruit Cobbler		Ice Cream Sandwich	Blueberry Pie	Rainbow Sherbet	Strawberries with Whipped Cream	Vanilla Ice Cream

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*