

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 4

*“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>
Roast Turkey with Gravy	Chicken & Broccoli Stir Fry	BBQ Pork Loin	Stuffed Shells with Marinara Sauce	Grilled Hamburger on a Roll	Ginger Shrimp & Scallops	Vegetable Lasagna
Cranberry Sauce	Over White Rice	Tator Tots	Garlic Bread	French Fries	Over Wild Rice	Seasoned Zucchini
Candied Sweet Potatoes	Dinner Roll	Seasoned Spinach	Chocolate Cake	Seasoned Corn	Broccoli & Cauliflower Mix	Italian Bread
Asparagus	Banana Cream Pie	Dinner Roll		Dinner Roll	Dinner Roll	Chocolate Ice Cream
Dinner Roll		Sherbet		Apple Pie		
Fruit Compote					Ice Cream Sandwich	

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*