

Elder Services of the Merrimack Valley, Inc.
August 2018 Cold Supper Menu

Monday		Tuesday	Wednesday	Thursday	Friday
Cold Supper Program Available for Consumers Who Qualify			1 Tuna Salad Root Vegetable Salad Broccoli, Feta & Orzo Salad Wheat Bread Fresh Fruit	2 Garden Salad w/Chicken Pea Salad Wheat Roll Diet Pudding	3 Cottage Cheese & Fruit Plate Balsamic Pasta Salad Snack Loaf Vanilla Wafers
		6 Roast Beef & Cheese Carrot & Pineapple Salad Corn Salad Oat Bread Mandarin Oranges	7 Tuna Salad Summer Vegetable Salad Potato Salad Multigrain Bread Applesauce	8 Roast Beef & Cheese Root Vegetables Broccoli/Tomato Salad Bulkie Roll Peaches	9 Turkey & Cheese Coleslaw Potato Salad Oatmeal Bread Diet Ambrosia
		13 Seafood Salad Cucumber Dill Salad Black Bean Salad Rye Bread Fig Bars	14 Egg Salad Cauliflower & Carrot Salad Balsamic Pasta Salad Rye Bread Lorna Doones	15 Chef Salad w/Ham Macaroni Salad Wheat Roll Mandarin Oranges	16 Chicken Salad Broccoli Feta & Orzo Salad Tomato & Red Peppers Wheat Bread Fresh Fruit
		20 Turkey & Cheese Cole Slaw Greek Pasta Salad Multigrain Bread Diet Pudding	21 Seafood Salad Summer Squash Salad Black Bean Salad Fig Bars	22 Curry Chicken Salad Potato Salad Riviera Salad Wheat Bread Diet Pudding	17 Tuna Salad Potato Salad Summer Squash Salad Multigrain Bread Tropical Fruit
		27 Caesar Salad w/ Pesto Chicken Pea Salad Wheat Roll Peaches	28 Roast Beef & Cheese German Potato Salad Broccoli & Tomato Salad Multigrain Bread Angel Food Cake	23 Roast Beef & Cheese Tri-Color Pasta Salad Cole Slaw Oatmeal Bread Mandarin Oranges	24 Ham & Cheese Macaroni Salad Zucchini & Onion Salad Multigrain Bread Fresh Fruit
			29 Tuna Salad Tri Color Pasta Salad Cauliflower & Carrot Salad Wheat Bread Diet Pudding	30 Egg Salad Broccoli Slaw Summer Potato Salad Multigrain Bread Tropical Fruit	31 Vegetarian Chef Salad Balsamic Pasta Salad Scali Bread Fresh Fruit

Questions? Contact Nutritionist, Leigh Hartwell 978-651-3023 - Menu Subject to Change Without Notice
 A \$2.00 confidential donation is suggested per meal - Donation letters are mailed monthly.
 For cancellations, please call: **978-686-1422 at least 24 hours in advance**

August is National Sandwich Month

How to Make a Healthier Sandwich

❖ Veggies

- Add lots of veggies to your sandwich to make it more flavorful, colorful, and nutritious!
- Veggies will also add volume without adding too many calories

❖ Lighter condiments

- Many condiments are high in calories, fat and/or sodium
- Choose lighter condiments such as low-fat mayo or salad dressing, mustard, hummus or a slice of avocado!

❖ Lean protein

- Choose a lean protein such as grilled fish, chicken or turkey breast, and canned tuna or salmon
- Cold cuts and cheese are often high in fat and sodium, so make sure to look for low-fat/low-sodium options when choosing to use cold cuts and cheeses
- Peanut butter can also be a good protein option -instead of using jelly which may be higher in sugar, try peanut butter with sliced banana! (No sugar/ no salt added peanut butter is best)

❖ Choice of bread

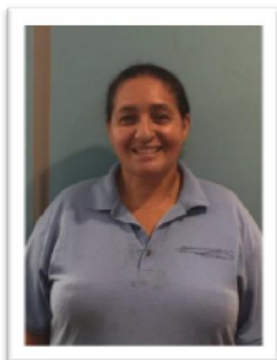
- Choose whole grain breads instead of white breads (1st ingredient should say whole wheat flour)
- Whole grains provide more fiber which will keep you feeling full longer!

❖ Portion size

- Aim for around 3-4 ounces of meat when adding meat to a sandwich
- If using more meat or higher calorie condiments eat ½ of the sandwich or skip the bread & try using lettuce to wrap up your sandwich!



The Volunteer of the Month is Idalia Rivera



Idalia has been volunteering for Meals on Wheels for approximately two years in the Westford community. Not only does she deliver Meals on Wheels, she also is the Volunteer Site Coordinator for Westford as she takes care of all the paperwork for the site, route sheets, keeps the temperature logs, packages the meals to be delivered, and completes all the paperwork for the site. She says that she loves seeing her Elders every day and that is what keeps her smiling. If you should see Idalia, say "Hi" to her. Thank you Idalia for all your dedication to the Meals on Wheels Program!