




Elder Services of the Merrimack Valley, Inc.

January 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Total Calories, Na and Carb include: <i>Entrée, sides, dessert, fruit, bread, milk & margarine.</i> Sodium (Na): <i>Milligrams noted in parentheses</i>	1 Happy New Year No Meals Served	2 Tomato Soup(225) Breaded Fish (270)  Potato O'Brien (30) Capri Veg (15) Fresh Fruit (5) Burger Bun (200)	3 Special: Chicken Cordon Blue*(515) Mashed Potato (25) Carrots (65) Pudding**(240) D. Roll (180)	4 Chick Pea (330) & Spinach Stew Rice Pilaf (45) Salad (15) WW Bread(165) Applesauce (15)
		Cal 780 Carb 110 Na 850	Cal 750 Carb 90 Na 1075	Cal 810 Carb 115 Na 675
7 Shepard's Pie (175) Green Beans (5) Pears (5) D. Roll (180)	8 Lasagna (380) w/Marinara Peas (60) Salad (15) Italian Bread (190) Berry Cup (0)	9 Southwestern Chicken Soup (190) Chicken Fajitas(175) Corn (5) Beans (335) Tortilla (170)	10 Soy & Ginger Pork*(530) White Rice (5) Asian Veg (25) MG Bread (150) M. Oranges (10)	11 Omelet (210) Sausage (215) Baked Apples (5) Fruit Loaf**(170) Yogurt (75) Juice (5)
Cal 710 Carb 85 Na 475	Cal 595 Carb 90 Na 750	Cal 895 Carb 115 Na 925	Cal 590 Carb 75 Na 825	Cal 665 Carb 85 Na 680
14 Sweet n' Sour Meatballs (250) White Rice (5) Broccoli (10) Mixed Fruit (5) WW Bread (150)	15 Turkey A La King*(565) Pasta (20) Carrots (65) Dt Gelatin (5) Biscuit (355)	16 Beef & Veg Soup (150) Cheeseburger (445) Roasted Potato (5) B. Sprouts (20) Fruit (5)	17 Seafood  Casserole*(575) Mashed Potato(25) Chef's Veg (50) B-Day Cake**(95) Oat Bread (150)	18 BBQ (640) Chicken* Sweet Potato (25) Salad (15) Corn Muffin(190) Peaches (5)
Cal 635 Carb 85 Na 545	Cal 1055 Carb 110 Na 1120	Cal 890 Carb 80 Na 930	Cal 1260 Carb 155 Na 1000	Cal 665 Carb 100 Na 985
21 MLK Day No Meals Served	22 Hot Dog (340) Baked Beans (330) Mixed Veg (50) Fig Bars**(70) Bun (210)	23 Lentil Soup (410) Breaded Chicken (530) Beets (140) Veg Rice (90) Fruit (5)	24 Macaroni n' Cheese (330) Peas (60) WW Bread (165) Berry Cup (0)	25 Liver (370) w/Onion Gravy Carrots (70) Mashed Potato(25) MG Bread (150) Chef's Dessert(5)
	Cal 885 Carb 110 Na 1075	Cal 850 Carb 125 Na 1480	Cal 665 Carb 120 Na 660	Cal 615 Carb 75 Na 720
28 Stuffed Shells w/Meat Sauce (390) Cauliflower (20) Italian Bread (190) Pudding**(190)	29 Chicken (160) w/mushrooms Cheesy Grits (230) Salad (15) Oat Bread (150) Fruit (5)	30 Butternut Soup (180) Frittata (180) Roasted Potato (5) Zucchini & Tomato (60), Yogurt (75)	31 Turkey w/Gravy (495) Mashed Potato (25) Green Beans (5) D. Roll (180) Mixed Fruit (5)	<i>*High sodium item (>500mg)</i> <i>Shading = higher sodium meal (>1200mg)</i>  = Alternate meal available **Lower Carb Dessert for Modified Meals
Cal 660 Carb 85 Na 995	Cal 780 Carb 85 Na 565	Cal 770 Carb 105 Na 700	Cal 625 Carb 85 Na 815	

Questions? Please contact 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**

Nutrition Trends for 2019

**Nutrition and food trends are constantly changing.
Here are some new products and ideas to explore in 2019.**

- 1. Non-Dairy “Milk” Beverages** – Soy, oat, rice, nut & hemp milks are great choices for people who are lactose intolerant, vegan or just looking for an alternate to cow’s milk. Be aware that these beverages may not provide as much protein, calcium & vitamin D as cow’s milk. **Tips:** Choose unsweetened varieties fortified with calcium & vitamin D.
- 2. Plant-Based Protein** - Protein is a very important nutrient and plant-based protein (pea protein, legumes, nuts and seeds) is a great addition to any diet. **Tip:** Make a plant based protein meal at least 2 times a week. Ideas include: vegetarian chili, falafel, quinoa stir-fry, and peanut noodles (see recipe below).
- 3. Omega-3’s Fats** – Beneficial for the mind, heart and body; found in fish, walnuts, flax seed, chia seed and soy. Companies are making it easy to eat fish with quality canned (or pouch) products, so you don’t have to worry about buying, storing and cooking fresh fish. **Tip:** Mackerel & Salmon are the best sources of Omega 3 fatty acids.
- 4. Legume/Vegetable Noodles** - Noodles made from chickpeas, lentils, edamame, zucchini and beets are great alternatives to grain based pasta. **Tip:** Find fresh vegetable noodles in the produce section or make your own using a spiralizer, peeler or grater.
- 5. Probiotics**- Probiotics are live microorganisms that benefit digestive health. Probiotic rich foods include kombucha, miso, fermented foods, keifer and yogurt. Eating probiotic rich foods is the best way to obtain these beneficial organisms. **Tip:** Include a probiotic rich food in your diet every day and also include prebiotics (bananas, chicory root, onions, garlic, asparagus, whole grains) which serve as food for the probiotic bacteria.

Asian Peanut Noodles - Yield: 4 servings

Ingredients

- 1 pound of thin spaghetti
- 6 cups Low Sodium chicken broth
- 3 tablespoons low sodium (lite) soy sauce
- 3 tablespoons peanut butter
- Sriracha (Asian hot sauce) to taste (optional)
- Crushed peanuts
- Sliced green onions

Instructions

1. Cook the noodles on high with stock for 5-7 minutes.
2. Drain off 90% of the liquid
3. Add soy sauce, peanut butter and sriracha. Mix well.
4. Add peanuts and green onions.