




Elder Services of the Merrimack Valley, Inc.
March 2019 Regular Congregate Menu

Monday	Tuesday	Wednesday	Thursday	Friday																														
Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parentheses Milk: 100 cal, 12 carbs and 110 mg sodium Butter: 35 cal, 0 carbs & 0 grams sodium <i>*High sodium item (>500mg) – Shading: High sodium meal (>1200mg)</i>  = Alternate meal available **Lower Carb Dessert for Modified Meals Menu Subject To Change Without Notice				1 Roasted Turkey w/gravy*(525) Stuffing (85) Peas&Onions (60) Oat Bread (150) Applesauce (5)																														
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4 Lasagna (490) w/Meat Sauce Cauliflower & Carrots (40) Italian Bread (190) Pears (5)	5 Chicken & Broccoli Alfredo w/Pasta*(735) S. Squash (5) WW Roll (120) Dt Gelatin (10)	6 Vegetable Soup (110)  Breaded Fish (190) Lemon Rice (10) Green Beans (5) Burger Bun (200)	7 Shepard's Pie (175) Garden Salad (15) WW Bread (165) Fruit Loaf**(170)	8 Ratatouille w/Lentils & Potatoes (365) B. Sprouts (15) Peaches (5) Corn Bread (190)																														
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11 Chicken (220) w/mushrooms Pasta (20) Spinach (220) Italian Bread (190) Chef's Dessert (5)	12 Swedish Meatballs (240) Broccoli (10) Rice (5) MG Bread (150) Berry Cup (0)	13 Tomato Soup (225) Frittata (185) Roasted Potato (5) Beets (140) Juice (5)	14 Corned Beef & Cabbage*(625) Carrots (70) Potatoes (10) WW Roll (180) Gelatin Cake**(115)	15 Ravioli (340) w/marinara Peas (60) Salad (15) Oat Bread (150) Yogurt (75)																														
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18 Hot Dog (340) Baked Beans (330) Carrots (70) Bun (210) M. Oranges (5)	19 Chicken Parmesan*(720) Pasta (20) Salad (15) MG Bread (150) Pears (5)	20 Corn Chowder (230) Beef&Peppers(160) Spanish Rice (260) Chef's Veg (50) Tortilla (170)	21 Birthday – Teriyaki Pork (375) White Rice (5) Asian Veg (25) Cake**(100) D. Roll (180)	22 Macaroni n' Cheese (330) Peas (60) WW Roll (180) Pudding**(190)																														
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25 American Chop Suey (400) Zucchini & S. Squash (5) Berry Cup (0) WW Roll (180)	26 Turkey & White Bean Chili (475) Rice (5) Carrots (70) WW Bread (165) Mixed Fruit (5)	27 Beef/Noodle Soup (185) Cheeseburger(345) Potato Chips (80) Mixed Veg (50) Burger Bun (200)	28 Crustless (175) Chicken Pot Pie Mashed Potato(25) Garden Salad (15) Yogurt (75) Biscuit (355)	29 Provencal Fish*(560)  Green Beans (5) Garlic Potato (25) Fig Bar (35) Italian Bread (190)																														
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Questions? Please contact Nutritionist, Leigh Hartwell 978-651-3023

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**



GET YOUR HEAD IN THE GAME FOR MARCH MADNESS

March Mind Health

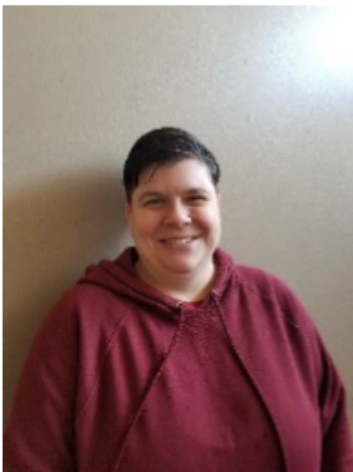


Simple diet changes have a powerful effect on brain health:

- Embrace balance, moderation and variety
- Focus on an overall pattern of healthy eating, not one specific “superfood”
- Eat until you are comfortably full, not stuffed
- Enjoy lots of vegetables & fruit
- Eat raw leafy vegetables daily (lettuce, kale & spinach)
- Eat fish (salmon, pollock, pickled herring, cod), beans, and nuts several times a week
- Include food with healthy fats (DHA and Omega-3) walnuts, avocados, flaxseeds, soybeans, canola or olive oil
- Select low-fat dairy products, such as milk & yogurt
- Choose whole grains
- Follow a Mediterranean style diet
- Drink coffee & tea daily
- Include foods with beneficial probiotics

Eat Less of:

Saturated fat
Trans-fat
Added Sugars
Red & Processed Meats
Grains that are not whole wheat – “white foods”



Volunteer of the Month: Julie Hannon: Julie has been a volunteer for Elder Services of the Merrimack Valley for 7 years! Julie delivers in the Haverhill area. Her hobbies are writing, reading, listening to and playing music. Julie also loves children. She always has a great attitude towards her coworkers and supervisors. To quote one of her consumers, “Julie is always on time, and always asks how you are doing that day. She is terrific, and a top shelf person and I wish she could be voted volunteer of the year! She is a very caring person”. Thank you for all you do!