

Elder Services of Merrimack Valley and North Shore

Cardiac Menu - January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk, butter. Sodium (Na): Milligrams noted in parentheses, Milk: 100 calories, 12 carbs and 110 mg sodium Butter: 30cal, 0 carbs & 0mg Na *High sodium item (>500mg),		1 Happy New Year's Day No Meals Served 	2 Lemon Pepper Chicken (340) Pasta (20) B. Sprouts (15) Italian Bread (190) Baked Good (100)	2 BBQ Pork Patty*(510) Butternut (5) Cauliflower (15) Burger Bun (200) Fruit (5)
			Cal 820 Carb 110 Na 865	Cal 475 Carb 80 Na 730
6 Spinach Lasagna (400) Zucchini (5) Garlic Roll (240) Baked Good (100)	7 Shepard's Pie (175) Carrots (70) Mixed Fruit (5) WW Roll (180)	8 Chicken Fajitas (175) Spanish Rice (265) Beans (140) Tortilla (170) Fruit (5)	9 Frittata (185) Baked Beans (140) Peaches (5) Cin. Bread (110) Yogurt (75) Juice (5)	3 Macaroni & n' Cheese (330) Peas (60) WW Bread (165) Pears (5)
Cal 645 Carb 80 Na 870	Cal 660 Carb 80 Na 550	Cal 980 Carb 135 Na 875	Cal 565 Carb 90 Na 515	Cal 615 Carb 115 Na 685
13 Turkey Divan (475) Pasta (20) Capri Veg (15) Applesauce (5) WW Roll (180)	14 Teriyaki* Meatballs (530) White Rice (5) Garlic G. Beans (5) Mandarins (5) WW Bread (165)	15 Hamburger (260) Mashed Potato(25) B. Sprouts (15) Burger Bun (200) Fruit (5)	16 Chicken Alfredo/ Broccoli*(390) Pasta (20) Carrots (70) Mixed Fruit (5) Italian Bread (190)	17 Breaded Fish (270) Garlic Potato (25) Chef's Veg (50) Oat Bread (150) D. Gelatin (10)
Cal 630 Carb 100 Na 830	Cal 600 Carb 85 Na 835	Cal 690 Carb 95 Na 630	Cal 670 Carb 95 Na 800	Cal 595 Carb 75 Na 630
20  MLK DAY No Meals Served	21 Hot Dog (340) Baked Beans (140) Mixed Veg (50) Roll (210) Fruit (5)	22 Lemon Pepper Chicken (340) Zucchini (5) Veg Rice (90) Burger Bun (200) Fruit (5)	23 Pasta (120) Primavera w/Peas Carrots (70) Yogurt (75) Garlic Roll (240)	24 Steak (240) w/peppers/onion Corn (5) Salad (15) Sub Roll (330) Chef Dessert
	Cal 690 Carb 80 Na 850	Cal 700 Carb 105 Na 740	Cal 520 Carb 70 Na 650	Cal 690 Carb 90 Na 700
27 Ravioli (340) w/Meat Sauce Cauliflower (15) Italian Bread (190) Peaches (5)	28 Cranberry Chicken (355) Rice Pilaf (45) Peas (60) Oat Bread (150) Yogurt (75)	29 Fish w/Dill Sauce (125) Rice Pilaf (45) Broccoli (15) Fruit (5)	30 Beef Stew (145) Salad (15) D. Roll (180) Applesauce (15)	31 Turkey (425) Mashed Potato(25) G. Beans (5) WW Roll (180) Baked Good (100)
Cal 445 Carb 65 Na 675	Cal 650 Carb 95 Na 810	Cal 585 Carb 90 Na 475	Cal 560 Carb 65 Na 475	Cal 615 Carb 85 Na 885

For Cancellations: Call 978-686-1422 (at least 24 hours in advance)

Menu Subject to Change Without Notice

Inclement weather? Watch Channel 5 (WCVB) for ESMV meal delivery updates

HEALTH BENEFITS OF NUTS

All nuts are a great source of protein, vitamins and minerals. Nuts help lower cholesterol as they contain unsaturated fats and fiber. Nuts provide a wide range of essential nutrients, including several B group vitamins (including folate), vitamin E, minerals such as calcium, iron, zinc, potassium and magnesium, and antioxidants (selenium, manganese and copper). We recommend choosing low sodium nuts without added sweeteners (honey roasted).

Here are some of your favorites!

CASHEWS

Cashews are an excellent source of antioxidants such as zinc which helps in boosting your immune system.



ALMONDS

Almonds are the highest in calcium of all nuts which helps to build and protect your bones.

WALNUTS

Walnuts contain omega-3 fatty acids that are good for your brain, memory and help to reduce inflammation in the body.



PECANS

Pecans are high in vitamin E, which is a powerful antioxidant for the skin. They also contain beta-sitosterol which aids in the relief of an enlarged prostate.

The average serving size is $\frac{1}{4}$ cup or 1.5 oz

An average of all nuts contains 157 calories, 5.17 (g) of protein, 8.5 (g) of carbs, 12.43 (g) of fat

Questions? Contact the nutritionist at 978-651-3023 (Leigh Hartwell)

WE NEED YOUR HELP!

ESMV Needs Volunteer Meals On Wheels Drivers

Requirements:

1. Valid Driver's License & Own Vehicle
2. Ability to Lift 25 Pounds & Climb Stairs
3. Completed Orientation & Clean Criminal Background Check (Cori)
4. Must Be At Least 18 Years Old



Expectations:

Typical Shift 3 Hours/Day From 9:30am-12:30pm
Flexible Days and Locations
Attendance of Nutrition Department Trainings

For More Information
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