

Elder Services of Merrimack Valley and North Shore

Regular 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), Shaded = High Sodium Meal (>1200mg) ** Alternate dessert for modified  = Alternate meal available		1 Happy New Year's Day No Meals Served 	2 Chicken* Parmesan (720) Pasta (20) B. Sprouts (15) Italian Bread (190) Brownie**(130) Cal 855 Carb 115 Na 1190	3 BBQ Pork Patty*(510) Butternut (5) Cauliflower (135) Burger Bun (200) Fruit (5) Cal 530 Carb 85 Na 845
6 Spinach Lasagna (400) Zucchini (5) Garlic Roll (240) Baked Good**(100) Cal 615 Carb 75 Na 850	7 Shepard's Pie (175) Carrots (70) Mixed Fruit (5) WW Roll (180) Cal 695 Carb 80 Na 535	8 Chicken Fajitas (175) Spanish Rice (265) Beans (140) Tortilla (170) Fruit (5) Cal 1010 Carb 140 Na 855	9 Frittata (185) Baked Beans (330) Peaches (5) Cin. Bread (110) Yogurt (75) Juice (5) Cal 580 Carb 95 Na 710	10 Macaroni & n' Cheese (495) Peas (60) WW Bread (165) Pears (5) Cal 740 Carb 130 Na 830
13 Turkey Divan*(570) Pasta (20) Beets (140) Applesauce (5) WW Roll (180) Cal 680 Carb 110 Na 1030	14 Teriyaki Meatballs (530) White Rice (5) Garlic G. Beans (5) Mandarins (5) WW Bread (165) Cal 630 Carb 85 Na 820	15 Cheeseburger (495) Chips (80) B. Sprouts (15) Burger Bun (200) Fruit (5) Cal 810 Carb 80 Na 850	16 Chicken Alfredo/ Broccoli*(430) Pasta (20) Carrots (70) Cake**(410) Italian Bread (190) Cal 1235 Carb 130 Na 1220	17 Seafood  Casserole*(570) Garlic Potato (25) Chef's Veg (50) Oat Bread (150) D. Gelatin (10) Cal 850 Carb 110 Na 915
20  MLK DAY No Meals Served	21 Hot Dog (340) Baked Beans (330) Mixed Veg (50) Roll (210) Baked Good (100) Cal 705 Carb 85 Na 1150	22 Breaded Chicken*(530) Zucchini (5) Veg Rice (90) Burger Bun (200) Fruit (5) Cal 785 Carb 120 Na 935	23 Eggplant Parmesan*(585) Pasta (110) Crm. Spinach(220) Garlic Roll (240) Pudding**(190) Cal 1010 Carb 135 Na 1450	24 Steak (240) w/peppers/onion Fries (300) Salad (15) Sub Roll (330) Chef Dessert Cal 795 Carb 100 Na 1000
27 Ravioli (340) w/Meat Sauce Cauliflower (15) Italian Brd(190) Peaches (5) Cal 475 Carb 70 Na 660	28 Cranberry Chicken (355) Rice Pilaf (45) Peas (60) Oat Bread (150) Yogurt (75) Cal 680 Carb 95 Na 790	29 Crab  Cake*(665) Rice Pilaf (45) Broccoli (15) Fruit (5) Cal 840 Carb 105 Na 995	30 Beef Stew(145) Salad (15) Biscuit (355) Applesauce (15) Cal 600 Carb 60 Na 635	31 Turkey (425) Mashed Potato(25) G. Beans (5) WW Roll (180) Baked Good**(100) Cal 645 Carb 85 Na 910

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
Contact: Virginia Chapinski
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