



Elder Services of Merrimack Valley and North Shore, Inc.

Chinese Menu - January 2020

Monday			Tuesday			Wednesday			Thursday			Friday		
Total Calories, Na and Carb include: Entrée, sides, dessert, Fruit (5), bread, milk, butter. Sodium (Na): Mg noted in parentheses Milk: 100 calories, 12 carbs and 110 mg sodium Butter: 30cal, 0 carbs & 0mg Na *High sodium item (>500mg)			1 New Year's Day No Meals Served 			2 Orange Rib (315) Chef's Rice (100) Steamed Veg (25) Fruit (5) D. Roll (180)			3 Fish w/oriental sauce*(540) White Rice (5) Steamed Veg (25) Fruit (5) D. Roll (180)			Cal 980		
6 Dumplings (240) Chef's Rice (100) Steamed Veg (25) Fruit (5) D. Roll (180)			7 Ground Beef w/broccoli (290) White Rice (5) Carrots (70) Fruit (5)			8 Hoisin Chicken*(555) White Rice (5) Steamed Veg (25) Fruit (5)			9 Fried Rice*(650) w/eggs & Tofu Steamed Veg (25) Fruit (5) D. Roll (180)			10 Pork Stir-Fry* (750) White Rice (5) Steamed Veg (25) Fruit (5)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
655	115	650	765	100	650	810	105	875	620	75	960	930	100	1060
13 Ma Po Tofu (400) White Rice (5) Steamed Veg (25) Fruit (5) D. Roll (180)			14 Teriyaki Meatballs*(525) White Rice (5) Green Beans (15) Fruit (5) D. Roll (180)			15 Shrimp Stir-Fry (460) Noodles (50) Steamed Veg (25) Fruit (5) D. Roll (180)			16 Sweet n Sour Chicken (100) Yucca (20) Steamed Veg (25) Fruit (5) D. Roll (180)			17 Fish Cake (240) Coconut Rice (5) Green Beans (15) Fruit (5) D. Roll (180)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
690	100	720	710	100	820	755	105	820	730	115	425	900	125	540
20  MLK DAY No Meals Served			21 Pork Lo-Mein (140) Noodles (50) Steamed Veg (25) Fruit (5) D. Roll (180)			22 Honey-Soy Chicken (270) White Rice (5) Steamed Veg (25) Fruit (5) D. Roll (180)			23 Shrimp w/Bok Choy*(800) White Rice (5) Steamed Veg (25) Fruit (5) D. Roll (180)			24 Happy New Year - Beef w/peppers (500) Yucca (20) Garden Salad (15) Fruit (5)		
			Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
			785	115	455	675	100	590	875	130	1120	880	120	820
27 Asian Meatloaf (495) White Rice (5) Chef's Veg (100) Fruit (5) D. Roll (180)			28 Chicken*(815) w/Mushrooms Noodles (50) Steamed Veg (25) Fruit (5) D. Roll (180)			29 Crab Cake w/Remoulade Sauce*(665) Chef's Rice (100) Steamed Veg (25) Fruit (5)			30 Sesame Ginger Beef *(650) White Rice (5) Garden Salad (15) Fruit (5) D. Roll (180)			31 Cantonese (415) Chicken Wings Chef's Rice (100) Green Beans (15) Fruit (5) D. Roll (180)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
860	105	815	945	130	1180	900	115	1075	910	120	960	715	100	805

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

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

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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