



Elder Services of the Merrimack Valley and North Shore, Inc.

Cardiac Menu – April 2020

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: 80 calories, 11 carbs and 95 mg sodium Margarine: 30cal, 0 carbs & 30 mg Na *High sodium item (>500mg)		1 Hamburger (260) Roasted Potato (5) Green Beans (5) Fresh Fruit (5) Burger Bun (200)	2 Crustless Turkey Pot Pie*(510) Mashed Potato (25) Broccoli (15) D. Roll (180) Peaches (5)	3 Mediterranean Haddock (305) Rice (5) Zucchini (5) Dinner Roll (180) Baked Good (100)
Menu Subject to Change Without Notice		Cal 720 Carb 90 Na 600	Cal 690 Carb 100 Na 860	Cal 615 Carb 85 Na 715
6 Meatballs w/Marinara (300) Pasta (110) B. Sprouts (15) Sub Roll (330) Yogurt (75), Juice	7 Beef Burgundy (100) Pasta (20) Chef's Veg (15) D. Roll (180) Mixed Fruit (5)	8 Lemon Pepper Chicken (190) Roasted Potato (5) Green Beans (5) MG Bread (150) Fresh Fruit (5)	9 Apricot Roasted Pork (150) Mashed Potato (25) Honey Carrots (80) WW Bread (150) Pineapple (5)	10 Vegetarian Chili*(510) Rice Pilaf (45) Garden Salad (15) Oat Bread (150) M. Oranges (10)
Cal 855 Carb 135 Na 775	Cal 695 Carb 100 Na 450	Cal 590 Carb 80 Na 480	Cal 690 Carb 100 Na 550	Cal 560 Carb 95 Na 880
13 Low Sodium Hot Dog (340) Baked Beans Carrots (60) Pears (5) Bun (210)	14 Haddock w/ Lemon (300) Sweet Potato (25) Capri Veg (15) Italian Bread (190) Chef's Dessert	15 Egg n' Cheese (290) Roasted Potato (5) Zucchini (5) Muffin (190) Yogurt (75), Juice	16 Birthday Sheppard's Pie (175) Garden Salad (15) Dinner Roll (180) Baked Good (100)	17 Macaroni n' Cheese (330) Peas (60) MG Bread (150) Pears (5)
Cal 615 Carb 80 Na 885	Cal 620 Carb 70 Na 670	Cal 680 Carb 95 Na 685	Cal 725 Carb 75 Na 595	Cal 575 Carb 110 Na 670
20 No Meals Patriots Day. 	21 Pasta w/ Meat Marinara (390) Broccoli & (15) Cauliflower Garlic Roll (240) Applesauce (15)	22 Herbed Chicken (150) Vegetable Rice (90) Carrots (70) WW Bread (165) Fresh Fruit (5)	23 Steak w/peppers & Onions (240) Corn (5) Rice & Beans (75) Tortilla (170) Pears (5)	24 Open Turkey Sandwich*(685) Mashed Potato (25) G. Beans (5) Dt Gelatin (10)
	Cal 565 Carb 75 Na 785	Cal 640 Carb 95 Na 600	Cal 700 Carb 80 Na 710	Cal 475 Carb 60 Na 845
27 Chicken Primavera (350) Pasta (20) S. Squash (5) Oat Bread (150) Mixed Fruit (5)	28 Liver & Onions (350) Mashed Potato (25) Peas & Onions(60) Dinner Roll (180) Baked Good (100)	29 Breaded Fish (190) Potato O'Brien (30) Corn (5) Burger Bun (200) Fresh Fruit (5)	30 Sweet n' Sour Pork Stir-Fry (300) White Rice (5) Asian Veggies (25) WW Bread (165) Pineapple (5)	
Cal 910 Carb 115 Na 660	Cal 695 Carb 90 Na 830	Cal 690 Carb 110 Na 550	Cal 665 Carb 90 Na 525	

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**

Questions? Please contact Nutritionist, Leigh Hartwell 978-651-3023

Health Benefits of Herbs

Commonly used to add color and flavor to meals, fresh herbs also provide nutritional benefits. They help minimize the use of added salt and provide antioxidants. Herbs can be easily grown by a windowsill at home. Toss a handful of herbs into soups, salads, or sandwiches for a boost of flavor and nutrition. Here are some examples of herbs and their health benefits they provide.

Spearmint – Reduces inflammation in the body and contains vitamin A. This vitamin helps protect cells from free radical damage. $\frac{3}{4}$ cup contains 924 IUs of vitamin A (40% of the daily recommended intake for women and 31% for men). Add to salads or dressings, dry for tea or make your own mint ice cream!

Parsley – Contains beta carotene which is converted into vitamin A in the body, an essential nutrient that supports eye health. $\frac{1}{2}$ cup provides 5 mg of beta carotene. In addition, several studies have found that parsley improves heart health by lowering blood pressure. Tabouli is a great way to enjoy parsley.

Rosemary – Known as the brain-boosting herb, some studies suggest that rosemary can slow down cognitive decline and maintain memory. Great as a seasoning for meat, root vegetables or infusing olive oil.



Sage – Source of vitamin K, an essential nutrient not commonly found in many foods. 1 tsp. provides 10% of your daily vitamin K needs. This vitamin is important for bone density and the integrity of our bones as we age. Add to butter, soups, meats, potatoes, stews and stuffing.

Oregano – Contains a powerful antioxidant called rosmarinic acid that can help support the immune system. Great in Italian recipes, on fish, dressings and baked goods.

We Need Your Help! ESMV Needs Volunteer Meals on Wheels Drivers

Requirements:

- Valid driver's license and own vehicle
- Ability to lift 25 pounds and climb stairs
- Completed orientation and clean criminal background check (CORI)
- Must be at least 18 years old

Expectations:

- Typical shift is 3 hours/day from 9:30am-12:30pm
- Flexible days and locations
- Attendance of nutrition department trainings



For more information, please contact Virginia Chapinski at 978-651-3020 or Vchapinski@esmv.org