







Elder Services of the Merrimack Valley and North Shore, Inc.
Regular Menu – April 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), Shading = High sodium meal (>1200) ** Lower carbohydrate dessert for modified  = Alternate meal available Menu Subject to Change Without Notice		1 Cheeseburger (445) Roasted Potato (5) Green Beans (5) Fresh Fruit (5) Burger Bun (200)	2 Crustless Turkey Pot Pie*(510) Mashed Potato (25) Broccoli (15) Biscuit (355) Peaches (5)	3 Mediterranean Haddock (305)  Cheesy Orzo (295) Zucchini (5) Dinner Roll (180) Baked Good**(100)
		Cal 860 Carb 95 Na 765	Cal 730 Carb 95 Na 1015	Cal 710 Carb 75 Na 990
6 Meatballs w/Marinara (300) Pasta (110) B. Sprouts (15) Sub Roll (330) Yogurt (75)	7 Beef Burgundy (100) Pasta (20) Chef's veg (15) Biscuit (355) Mixed Fruit (5)	8 Breaded Chicken*(575) Roasted Potato (5) Green Beans (5) Burger Bun (200) Fresh Fruit (5)	9 Easter Special: Apricot Ham*(830) Mashed Potato (25) Honey Carrots (80) Pineapple Cake**(175)	10 Vegetarian Chili*(510) Rice Pilaf (45) Garden Salad (15) Corn Bread (190) M. Oranges (10)
Cal 890 Carb 140 Na 835	Cal 730 Carb 95 Na 605	Cal 760 Carb 110 Na 890	Cal 810 Carb 120 Na 1390	Cal 620 Carb 95 Na 875
13 Hot Dog (340) Bkd Beans (335) Warm Cinnamon Pears (5) Potato Chips (80) Bun (210)	14 Haddock w/ lemon (300)  Sweet Potato (25) Capri Veg (15) Biscuit (355) 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) Bday Cake**(410)	17 Macaroni n' Cheese (330) Topping (165) Peas (60) MG Bread (150) Pears (5)
Cal 700 Carb 85 Na 1075	Cal 715 Carb 75 Na 815	Cal 610 Carb 85 Na 565	Cal 830 Carb 95 Na 855	Cal 705 Carb 120 Na 815
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) Mshed Potato (25) Beets (140) Pudding**(190)
	Cal 600 Carb 75 Na 770	Cal 675 Carb 95 Na 580	Cal 660 Carb 80 Na 660	Cal 615 Carb 80 Na 1145
27 Chicken Carbonara*(600) Pasta (20) S. Squash (5) Oat Bread (150) Mixed Fruit (5)	28 Liver & Onions (350) Mshed Potato (25) Peas & Onions (60) Dinner Roll (180) Cookie**(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 790 Carb 100 Na 890	Cal 700 Carb 85 Na 875	Cal 720 Carb 115 Na 535	Cal 700 Carb 90 Na 610	

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