



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

Renal Menu – April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Total Sodium, Phosphorus & Potassium includes: Entrée, sides, dessert, fruit, bread, juice & margarine. Sodium (Na): Milligrams noted in parentheses next to each item Margarine: 30cal, 0 carbs & 30 mg Na *High sodium item (>500mg) Menu Subject to Change Without Notice		1 Hamburger (260) Rice (5) Green Beans (5) Fresh Fruit (5) Burger Bun (200)	2 Crustless Turkey Pot Pie*(510) Rice (5) Carrots (60) Dinner Roll (180) Peaches (5)	3 Mediterranean Haddock (305) Rice (5) Zucchini (5) Dinner Roll (180) Baked Good (100)
		K 810 Phos 305 Na 505	K 1035 Phos 330 Na 800	K 725 Phos 350 Na 630
6 Sweet n' Sour Meatballs (250) Pasta (20) G. Beans (15) D. Roll (180) Yogurt (75), Juice	7 Beef Burgundy (100) Pasta (20) Chef's Veg (15) D. Roll (180) Mixed Fruit (5)	8 Lemon Pepper Chicken (190) Rice (5) Green Beans (5) Bread (150) Fresh Fruit (5)	9 Apricot Roasted Pork (150) Rice (25) Honey Carrots (80) Bread (150) Pineapple (5)	10 Breaded Fish (190) Rice Pilaf (45) Garden Salad (15) Oat Bread (150) M. Oranges (10)
K 705 Phos 485 Na 710	K 640 Phos 300 Na 360	K 860 Phos 270 Na 290	K 1060 Phos 330 Na 440	K 785 Phos 270 Na 470
13 Low Sodium Hot Dog (340) Rice (5) Carrots (60) Pears (5) Bun (210)	14 Haddock w/ Lemon (300) Rice (5) Capri Veg (15) Italian Bread (190) Chef's Dessert	15 Egg n' Cheese (290) Polenta (60) Zucchini (5) Muffin (190) Fruit (5), Juice	16 Ground Beef & Peas (170) Rice (5) Garden Salad (15) Dinner Roll (180) Baked Good (100)	17 Macaroni n' Cheese (330) Peas (60) MG Bread (150) Pears (5)
K 610 Phos 285 Na 660	K 670 Phos 415 Na 560	K 675 Phos 430 Na 575	K 830 Phos 375 Na 500	K 515 Phos 225 Na 575
20 No Meals Patriots Day. 	21 Buttered (260) Ravioli w/peas Cauliflower (15) Garlic Roll (240) Applesauce (15)	22 Herbed Chicken (150) Vegetable Rice (90) Carrots (70) Bread (165) Fresh Fruit (5)	23 Steak w/peppers & Onions (240) Corn (5) Zucchini (15) Tortilla (170) Pears (5)	24 Open Turkey Sandwich*(685) Rice (5) G. Beans (5) Dt Gelatin (10)
	K 1090 Phos 400 Na 565	K 960 Phos 310 Na 410	K 685 Phos 335 Na 550	K 745 Phos 300 Na 735
27 Chicken Primavera (350) Pasta (20) S. Squash (5) Oat Bread (150) Mixed Fruit (5)	28 Liver & Onions (350) Rice (5) Peas & Onions (60) Dinner Roll (180) Baked Good (100)	29 Breaded Fish (190) Green Beans (5) Corn (5) Burger Bun (200) Fresh Fruit (5)	30 Sweet n' Sour Pork Stir-Fry (300) White Rice (5) Asian Veggies (25) Bread (165) Pineapple (5)	
K 835 Phos 355 Na 565	K 595 Phos 455 Na 720	K 900 Phos 345 Na 430	K 840 Phos 320 Na 435	

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