

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

Regular Menu - July 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)  = Alternate meal available Menu Subject to Change Without Notice		1 Frittata (185) Roasted Potato (5) Zucchini & Tomatoes (55) Fruit Loaf (170)	2 Special: BBQ Pulled Pork *(665) Sweet Potato (25) Berry Crisp (110) Coleslaw (50)	3 Happy 4th of July No Meal Delivery
		Cal 775 Carb 115 Na 525	Cal 1030 Carb 135 Na 1150	
6 Cheeseburger (445) Roasted Potato (5) Cream Spinach(220) Burger Bun (200) Mixed Fruit (5)	7 Teriyaki Chicken (370) White Rice (5) Asian Veg (25) WW Roll (180) Baked Good (100)	8 Macaroni & Cheese (330) Topping (165) Peas (60) Fresh Fruit (5) Oat Bread (150)	9 Cold: Seafood Salad (480)  Garden Salad (15) Lentil Salad (145) Yogurt (75) MG Bread (300)	10 Sliced Turkey Gravy (495) Mashed Potato (25) Carrots (70) WW Bread (165) Chef's Dessert (5)
Cal 940 Carb 90 Na 985	Cal 845 Carb 115 Na 765	Cal 720 Carb 125 Na 810	Cal 570 Carb 90 Na 1015	Cal 600 Carb 85 Na 860
13 Low Sodium Hot Dog (340) Baked Beans (330) Potato Chips (80) Bun (210) M. Oranges (10)	14 Potato (230) Breaded Fish  Veg Rice (90) B. Sprouts (15) Burger Bun (200) Diet Gelatin (5)	15 Cold: Chicken Salad (105) 3 Bean Salad (325) Potato Salad (100) Pita Bread (160) Fresh Fruit (5)	16 B-day: Cheese Ravioli (305) w/Marinara Cauliflower (15) Garlic Roll (240) Pound Cake (410)	17 Sheppard's Pie (175) Beets (140) WW Bread (165) Pears (5)
Cal 675 Carb 80 Na 1075	Cal 740 Carb 90 Na 710	Cal 765 Carb 90 Na 780	Cal 665 Carb 95 Na 1010	Cal 665 Carb 75 Na 595
20 Meatballs Stroganoff (355) Mashed Potato (25) Chef's Veg (20) MG Bread (150) Baked Good (100)	21 Stuffed Shells w/Vodka Sauce*(630) Capri Veg (30) Garlic Roll (240) Peaches (5)	22 Seafood  Newburg*(570) Roasted Potato (5) Broccoli (15) WW Bread (165) Fresh Fruit (5)	23 Orange Chicken (345) White Rice (5) Asian Veg (25) Italian Bread (190) Pineapple (5)	24 Cold: Egg Salad (350) Corn Salad (85) Garden Salad (15) Rye Bread (300) Pudding (190)
Cal 660 Carb 75 Na 715	Cal 615 Carb 90 Na 1000	Cal 795 Carb 135 Na 860	Cal 575 Carb 80 Na 685	Cal 815 Carb 85 Na 1045
27 Meatloaf w/Gravy (155) Butternut (15) Peas & Onions (50) Biscuit (355) Mixed Fruit (5)	28 Eggplant Parmesan*(585) Pasta (110) Squash Blend (5) WW Bread (165) Pears (5)	29 Cold Meal: Garden Salad w/Chicken (245) Orzo Salad (260) Pita Bread (160) Fresh Fruit (5)	30 Egg n' cheese (300), Sausage (300) Potato O' Brien (30) Fruit Loaf (170) Yogurt (75) Juice (5)	31 Open Turkey Sandwich*(640) Mashed Potato (25) Mixed Veg (20) Cookie (100)
Cal 695 Carb 80 Na 760	Cal 800 Carb 125 Na 980	Cal 645 Carb 80 Na 770	Cal 790 Carb 95 Na 875	Cal 530 Carb 65 Na 895

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

Brain Health and Nutrition



The body's control system- the brain- is responsible for keeping the heart beating, lungs breathing, movements, feelings and thinking, therefore, it is important to keep it working at peak function. The foods you eat play an important role on your brain health to support an active, vibrant life for as long as possible. Although there is no guaranteed way to prevent mental related illnesses such as Alzheimer's disease, there is evidence that a healthy lifestyle which includes quality nutrition could reduce risk of such illnesses. Here are some foods that have been associated with slowing down cognitive decline.

Green leafy vegetables	Vegetables such as spinach, kale, cabbage, and collard greens have been associated with reduced risk of memory loss. They are rich in brain healthy compounds and nutrients such as beta-carotene, lutein, folate, and vitamin K. Eating at least one serving (1/2 a cup) of these vegetables per day have been associated with slower decline in brain function. Add to wraps, eggs, or smoothies to eat more of these veggies, even if you are not a salad person.
Omega 3 fatty foods	Sources include nuts, avocados, and fatty fish such as salmon, herring, and sardines . These types of foods have been linked to reducing a protein that forms damaging clumps in the brain related to Alzheimer's disease. The recommendation for fish is 3oz twice a week, 1.5 ounces for nuts and between 1-2 tablespoons of nut spread per day.
Berries	Berries provide several impressive health benefits- improved brain function being one of them. Research has shown that consuming 2 to 3 servings of berries a week delays memory decline by at least 2 years. 1 serving of berries a day equates to about 3 ounces which counts as one portion of your 5 A Day for fruits.
Dark chocolate	A little chocolate every now and then does not hurt! However, the cocoa content of the chocolate has to be at least 70% . Cocoa contains compounds that have been shown to boost memory, attention span and problem solving through increased blood flow in the brain.

Foods that do not support brain health

Sugar	Excessive sugar consumption is associated with memory loss and increase risk of dementia. Recommend daily intake – no more than 9 teaspoons for men and 6 teaspoons for women.
Processed foods	These foods tend to be high in salt, sugar and fats. Examples include fast food, chips, and instant noodles. In the long run, they can damage brain tissues.
Alcohol	Excessive alcohol intake can also cause harm to the cells of the brain. Recommendation- no more than 12 ounces of beer, 5 ounces of wine and 1.5 ounces of spirits or liquor per day

Bonus! Mental stimulating games/activities

- Puzzles- jigsaw, word, or logic
- Bingo
- Chess
- Arts & craft
- Sudoku
- Trivia games
- Reading- fiction or non-fiction
- Card games
- Learn a new language