

Elder Services of the Merrimack Valley and North Shore

Cardiac & Modified Menu - October 2020

Monday			Tuesday			Wednesday			Thursday			Friday					
Total Calories, Na and Carb include: Entrée, sides, bread, milk, butter. Sodium (Na): Milligrams noted in parentheses, Skim Milk: 75 calories, 11 carbs and 95 mg sodium Butter: 30cal, 0 carbs & 0mg Na  = Alternate seafood meal available upon request												1 Pork (150) w/Mushrooms Brussels (20) Potato Salad (75) WW Bread (165)			2 Braised Chicken (545) w/Veggies Yellow Rice (5) Cauliflower (15) WW Roll (180)		
												Cal 670	Carb 65	Na 400	Cal 700	Carb 70	Na 840
5 Egg & Cheese (300) Baked Beans (140) Pears (5) Oat Bread (150)			6 Chicken Pot Pie*(410) Mashed Potato (25) Broccoli (15) MG Bread (165)			7 Breaded  Fish (220) Veg Rice (90) Carrots (65) WW Roll (180)			8 Turkey Chili w/Pumpkin*(600) Green Beans (5) WW Bread (165)			9 Pasta & Meatballs (320) Garden Salad(15) Garlic Roll (240)					
Cal 515	Carb 65	Na 690	Cal 500	Carb 70	Na 690	Cal 625	Carb 85	Na 640	Cal 470	Carb 70	Na 715	Cal 600	Carb 70	Na 665			
12 Happy Columbus Day No Meals			13 Low Sodium Hot Dog (340) Baked Beans(140) Carrots (65) Bun (210)			14 Veg Lasagna w/Alfredo (480) Green Beans (5) Garlic Roll (240) Pears (5)			15 Chicken Marsala (460) Mashed Potato (25) Chef’s Veg (15) MG Bread (150)			16 BBQ Beef*(510) Corn (5) Collards (35) Oat Bread (150)					
			Cal 550	Carb 60	Na 850	Cal 530	Carb 70	Na 820	Cal 465	Carb 60	Na 745	Cal 620	Carb 65	Na 795			
19 Herbed Chicken (150) Pasta (25) Cauliflower (15) Italian Bread (190)			20 Lemon (250) Fish  Yellow Rice (5) Beets (140) WW Bread (165)			21 Pot Roast Gravy (150) Mashed Potato(25) Mixed Veg (15) D. Roll (180)			22 Frittata (180) Baked Beans (140) Zucchini & Tomatoes (60) MG Bread (150)			23 Pork (150) w/Apples Sweet Potato (25) Garden Salad(15) Oat Bread (150)					
Cal 490	Carb 60	Na 465	Cal 610	Carb 65	Na 665	Cal 550	Carb 65	Na 470	Cal 450	Carb 55	Na 625	Cal 555	Carb 65	Na 435			
26 Stuffed Shells w/Marinara (480) Mixed Veg (25) Garlic Roll (240)			27 Open Turkey Sandwich*(770) Mashed Potato (25) Carrots (70) Pears (5)			28 Hamburger (260) Roasted Potato (5) Garden Salad (15) Bun (200)			29 Sausage (425) w/Peppers & Onions Corn (5) Green Beans (5) WW Bread (165)			30 Garlic Chicken (265) Brown Rice (5) Broccoli (15) Oat Bread (150)					
Cal 510	Carb 70	Na 835	Cal 505	Carb 65	Na 895	Cal 615	Carb 65	Na 575	Cal 495	Carb 60	Na 685	Cal 810	Carb 60	Na 530			

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

Menu Subject to Change Without Notice

A Snack (fruit, yogurt, baked good, gelatin) sent with each meal containing less than 20g of carbohydrates, between 50 – 100 calories and under 100mg of sodium