

Elder Services of the Merrimack Valley and North Shore

Latino Menu - October 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), Menu Subject to Change Without Notice									1 Pork (185) w/Eggplant Brussels (15) Rice (5) WW Bread (165) Cookie (135)			2 Braised Chicken* (545) w/Veggies Yellow Rice (5) Cauliflower (15) WW Roll (180) Peaches (5)		
									Cal 795	Carb 95	Na 610	Cal 830	Carb 95	Na 860
5 Bean Enchilada w/Tortilla (445) Spanish Rice (260) Chef’s Veg (15) Yogurt (75) Juice (5)			6 Cumin Lime Chicken (250) Rice & Beans(80) Broccoli (15) Biscuit (355) Fresh Fruit (5)			7 Fiesta Breaded Fish (330) Veg Rice (90) Carrots (70) Burger Bun(165) Strawberries (0)			8 Jamaican Jerk Turkey*(800) Yellow Rice (5) Pumpkin & Beans(95) WW Bread (165) Applesauce (15)			9 Latino (295) Meatballs Rice (5) Roll (180) Garden Salad(15) Baked Good(100)		
Cal 605	Carb 95	Na 810	Cal 940	Carb 105	Na 805	Cal 790	Carb 120	Na 800	Cal 845	Carb 130	Na 1185	Cal 700	Carb 95	Na 760
12 Happy Columbus Day No Meals			13 Charro Beans w/Hot Dog*(560) Yellow Rice (5) Carrots (70) Bun (210) M. Oranges (10)			14 Fish Stew (470) Coconut Rice(5) Peas (60) Roll (180) Pears (5)			15 Chicken & Rice (90) Chef’s Veg (15) MG Bread (150) B-Day Cake (410)			16 BBQ Beef*(510) Rice & Beans(80) Collards (35) Oat Bread (150) Pudding (190)		
			Cal 615	Carb 105	Na 950	Cal 930	Carb 115	Na 890	Cal 1020	Carb 130	Na 775	Cal 925	Carb 110	Na 1070
19 Chicken Veracru* (660) Spanish Rice (260) Cauliflower (15) Mixed Fruit (5) Italian Bread (190)			20 Fish w/Black Beans (375) Yellow Rice (5) Beets (140) WW Bread(165) Strawberries (0)			21 Braised Beef*(575) Coconut Rice(5) Mixed Veg (15) Roll (180) Peaches (5)			22 Frittata (180) Rice & Beans(80) Zucchini & Tomatoes (55) Fruit Loaf (170) Applesauce (5)			23 Pork (420) w/Tomatoes White Rice (5) Garden Salad(15) Baked Good(100) Oat Bread (150)		
Cal 1090	Carb 100	Na 1185	Cal 620	Carb 95	Na 790	Cal 1090	Carb 110	Na 895	Cal 820	Carb 120	Na 610	Cal 690	Carb 85	Na 610
26 Coconut Fish (245) Rice & Beans(80) Spinach (220) Roll (180) Yogurt (75)			27 Mojo Turkey*(665) Yellow Rice (5) Carrots (70) Pears (5) Italian Bread (190)			28 Pastelon (380) Garden Salad (15) Burger Bun (200) Baked Good (100)			29 Paella*(710) Yucca (15) Green Beans (5) WW Bread (165) Chef’s Dessert			30 Garlic Chicken (265) Pumpkin Rice (180) Broccoli (15) Oat Bread (150) Chocolates (25)		
Cal 1320	Carb 130	Na 860	Cal 565	Carb 85	Na 1040	Cal 1190	Carb 130	Na 800	Cal 1120	Carb 150	Na 1010	Cal 1235	Carb 120	Na 740

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**