

Elder Services of the Merrimack Valley and North Shore

Regular 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), Shading = High sodium meal (>1200)  = Alternate meal available										1 Special: Bratwurst*(760) Brussels (20) Potato Salad (75) Bun (210) Cookie (130)			2 Braised Chicken* (545) w/Veggies Yellow Rice (5) Cauliflower (15) WW Roll (180) Peaches (5)		
										Cal 830	Carb 85	Na 1300	Cal 830	Carb 95	Na 860
5 Egg & Cheese (300) Baked Beans (330) Pears (5) Muffin (190) Yogurt (75)				6 Chicken Pot Pie*(545) Mashed Potato (25) Broccoli (15) Biscuit (335) Fresh Fruit (5)			7 Breaded  Fish (220) Veg Rice (90) Carrots (65) Bun (200) Strawberries (0)			8 Turkey Chili w/Pumpkin*(600) Green Beans (5) WW Bread (165) Applesauce (15)			9 Pasta & Meatballs (320) Garden Salad(15) Garlic Roll (240) Baked Good(100)		
Cal 690	Carb 100	Na 910	Cal 740	Carb 100	Na 1045	Cal 775	Carb 115	Na 685	Cal 615	Carb 95	Na 895	Cal 840	Carb 100	Na 785	
12 Happy Columbus Day No Meals				13 Low Sodium Hot Dog (340) Baked Beans (330) Potato Chips (80) Bun (210) M. Oranges (10)			14 Veg Lasagna w/Alfredo (480) Peas (60) Garlic Roll (240) Pears (5)			15 Chicken Marsala (460) Mashed Potato (25) Chef's Veg (15) MG Bread (150) B-Day Cake (410)			16 BBQ Beef*(510) Corn (5) Collards (35) Oat Bread (150) Pudding (190)		
				Cal 675	Carb 75	Na 1075	Cal 650	Carb 95	Na 890	Cal 710	Carb 95	Na 1170	Cal 775	Carb 90	Na 995
19 Chicken Parm w/Pasta*(745) Cauliflower (15) Italian Bread (190) Mixed Fruit (5)				20 Lemon (250) Fish  Yellow Rice (5) Beets (140) WW Bread (165) Strawberries (0)			21 Pot Roast Gravy (150) Mashed Potato(25) Mixed Veg (15) D. Roll (180) Peaches (5)			22 Frittata (180) Baked Beans(330) Zucchini & Tomatoes (60) Fruit loaf (170) Applesauce (15)			23 Pork (150) w/Apples Sweet Potato (25) Bread Pudding (190) Garden Salad(15) Fresh Fruit (5)		
Cal 815	Carb 110	Na 1150	Cal 725	Carb 90	Na 665	Cal 640	Carb 85	Na 490	Cal 705	Carb 100	Na 865	Cal 835	Carb 125	Na 490	
26 Stuffed Shells Marinara (480) Creamed Spinach (220) Garlic Roll (240) Yogurt (75)				27 Open Turkey Sandwich*(770) Mashed Potato (25) Carrots (70) Pears (5)			28 Hamburger w/Cheese (415) Roasted Potato (5) Garden Salad (15) Bun (200) Baked Good(100)			29 Sausage (425) w/Peppers & Onions Corn Salad (160) Green Beans (5) WW Bread (165) Chef's Dessert			30 Special: Chicken Kiev*(620) Pumpkin Rice(180) Broccoli (15) Oat Bread (150) Chocolates (25)		
Cal 710	Carb 100	Na 1025	Cal 600	Carb 85	Na 915	Cal 890	Carb 85	Na 870	Cal 605	Carb 80	Na 865	Cal 1340	Carb 130	Na 1095	

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