

# Elder Services of the Merrimack Valley, Inc.

## March 2018 Menu

Monday			Tuesday			Wednesday			Thursday			Friday		
<b>Total Calories, Na and Carb include:</b> <i>Entrée, sides, dessert, fruit, bread, milk &amp; margarine.</i> <b>Sodium (Na):</b> Milligrams noted in parentheses <i>Milk: 100 cal, 12 carbs and 110 mg sodium</i> <i>Butter: 40 cal, 0 carbs and 30 mg sodium</i> <i>*High sodium item (&gt;500mg )</i> <i>**Alternate Dessert for Modified Meals</i> <i>Shading = higher sodium meal (&gt;1200mg)</i> =Alternate meal available									<b>1</b> American Chop Suey (350) Squash Blend (5) Peaches (5) D.Roll (180)			<b>2</b> Breaded Fish (220) Potato O’Brien (30) Green Beans (5) Pudding**(190) WW Bread (165)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
850	120	650	850	120	520	935	110	850	670	85	995	710	100	720
<b>5</b> BBQ Pulled Pork*(665) Swt Potato (25) Corn (5) Applesauce (15) D.Roll (180)			<b>6</b> Honey Lemon Chicken (155) Veg Rice (90) Broccoli (15) Oat Bread (150) D.Gelatin (10)			<b>7</b> Beef Barley Soup (100) Cheeseburger(385) Rsted Potato (5) Mixed Veg (50) Fresh Fruit (5)			<b>8</b> Open Turkey Sandwich* (635) Mshed Potato (25) Carrots (70) Cookie**(90)			<b>9</b> Macaroni n’Cheese (330) Topping (150) Peas (60) WW Roll (180) Pears (5)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
800	115	990	885	120	520	935	110	850	670	85	995	700	120	785
<b>12</b> Chicken Scallopini (350) Risotto (240) Capri Veg (15) WW Bread (150) M.Oranges (5)			<b>13</b> Meatballs w/Sauce (300) Pasta (70) Cauliflower (15) Peaches (5) Sub Roll (330)			<b>14</b> Veg Soup (110) Frittata (180) Rsted Potato (5) Bked Apples (5) Yogurt (75) Juice (5)			<b>15 – Special</b> Corned Beef*(625) Cabbage&Carrot(45) Potatoes (30) D.Roll (180) Chocolate/Mint Brownie**(110)			<b>16</b> Mediterranean Fish (305) Lemon Rice (10) Crmd Spinach (220) Chef’s Dessert Oat Bread (150)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
895	120	890	875	130	850	590	90	400	890	110	1095	645	85	800
<b>19</b> Turkey A La King (425) Noodles (5) Carrots (70) Pears (5) Grain Bread (150)			<b>20</b> Hot Dog (340) Baked Beans (330) Potato Chips (80) Bun (210) M.Oranges (5)			<b>21</b> Tomato Soup (110), Meatloaf (155), Potato(25) Beets (140) WW Bread (150) Fresh Fruit (5)			<b>22 Bday-Chicken</b> Broccoli Alfredo w/Pasta*(670) S.Squash (5) Tiramisu**(260) WW Roll (180)			<b>23</b> Stuffed Shells w/Marinara (390) Chef’s Veg (50) Italian Brd (190) D.Gelatin (10)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
820	100	760	675	80	1075	770	95	820	780	100	1220	545	75	840
<b>26</b> Bourbon Chicken (395) White Rice (5) Asian Veg (25) Fruit Loaf** (170) Oat Bread (150)			<b>27</b> Taco Style Beef (320) Corn (5) Spanish Rice (260) Mixed Fruit (10) Flour Tortilla (170)			<b>28</b> NE Clam Chowder (120) Baked Fish*(510) Rstd Potato (5) Peas (60) Yogurt (75)			<b>29</b> Smothered Pork (290) Swt Potato (25) Collards (30) Applesauce (15) Italian Brd (190)			<b>30</b> Vegetable Lasagna w/Marinara (470) Green Salad (150) D.Roll (180) Peach Crisp** (110)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
800	105	855	825	105	885	910	110	1060	770	90	660	775	110	1010

Questions? Contact Nutritionist, Leigh Hartwell 978-651-3023 - Menu Subject to Change Without Notice

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**

# March is National Nutrition Month®

## "Go Further with Food"

Each March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month®.

This annual event reinforces the importance of healthy eating and physical activity.

**Go Further with Food**, the theme for 2018, is focused on decreasing food waste.

### Tips on how to Go Further with Food:

1. Consider the foods you have on hand before buying more at the store.
2. Buy only the amount that can be eaten or frozen within a few days.
3. Plan ways to use leftovers later in the week.
4. Be mindful of portion sizes.
5. Place foods that spoil quickly within sight.
6. Learn what food product dates mean (Read Below).
7. Dehydrate or can foods at home.
8. Donate extra foods to a local food pantry.

**Food Product Dates Explained:** There are different terms and dates that appear on food and drink packaging. "Use by", "Best by" and "Best Before" are the date that the manufacturer considers the product to be best before. It is often safe to eat this product beyond the date, if it has been stored properly. "Sell by" dates are used for perishable foods. These foods may be used a few days after the date, as long as they were stored at a safe temperature.

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## The Volunteer of the Month is Eileen Kelley



Eileen Kelley has been volunteering with Meals on Wheels for over 8 years now. She volunteers at the Billerica site Monday through Friday from 11:00-1:30pm. She enjoys delivering meals because she likes to make sure the people on her route are ok. She enjoys talking with them and always tries to make them smile. Eileen states the people on her route are very kind and they always make her happy! When she is not volunteering Eileen enjoys spending time with her grandchildren. Please thank Eileen for everything she does when you see her!!