

Elder Services of the Merrimack Valley, Inc.

April 2019 Menu

Monday				Tuesday				Wednesday				Thursday				Friday			
1 Salisbury (370) Steak w/gravy Mashed Potato (25) Carrots (70) WW Bread (165) Fruit Loaf**(170)				2 Orange Chicken (150) Asian Veg (25) White Rice (5) D. Roll (180) Pineapple (5)				3 Omelet (180) Potato O'Brien (25) Sausage (215) Yogurt (75) Juice (5) Oat Bread (150)				4 BBQ Pulled Pork*(535) Sweet Potato (25) Cauliflower (15) Burger Bun (200) Pears (5)				5 Eggplant Parmesan*(585) Pasta (20) Garden Salad (15) MG Bread (150) Fruit (5)			
Cal	Carb	Na		Cal	Carb	Na		Cal	Carb	Na		Cal	Carb	Na		Cal	Carb	Na	
785	115	945		635	85	390		550	70	685		700	100	1135		740	115	895	
8 Chicken Scallopini (350) Pasta (20) Carrots (70) WW Bread (165) Berry Cup**(0)				9 Go Red Sox! Hot Dog (340) Baked Beans (330) Coleslaw (50) Peach Crisp (110) Bun (210)				10 Breaded  Fish (270) Herbed Rice (100) Broccoli (10) Burger Bun (200) Fruit (5)				11 Open Turkey Sandwich*(680) Mashed Potato (25) Green Beans (5) Mixed Fruit (5)				12 Stuffed Shells w/Marinara (480) Peas (60) Italian Bread (190) Cookie**(100)			
Cal	Carb	Na		Cal	Carb	Na		Cal	Carb	Na		Cal	Carb	Na		Cal	Carb	Na	
735	110	730		885	105	1165		745	90	700		570	80	840		605	80	915	
15 Patriots Day No Meals Served				16 Meatballs w/marinara (280) Pasta (20) Zucchini (5) Sub Roll (330) Mandarins (5)				17 Breaded Chicken (530) Veg Rice (90) Beets (140) WW Bread (165) Fruit (5)				18 Special: Ham w/pineapple*(840) Spring Veg (50) Mashed Potato (25) Roll (180) Lemon Cake**(175)				19 Macaroni n'cheese (330) w/topping (165) Mixed Veg (50) Oat Bread (150) Pudding**(190)			
				Cal	Carb	Na		Cal	Carb	Na		Cal	Carb	Na		Cal	Carb	Na	
				845	120	785		760	115	1055		685	90	1475		785	125	1010	
22 Frittata (180) Rsted Potato (5) Baked Apple (5) Muffin (190) Yogurt (75) Juice (5)				23 Pork Ragout (465) Pasta (20) Broccoli (15) WW Roll (180) Brownie**(135)				24 Hamburger(260) Potato Chips (80) Green Beans (5) Berry Cup**(0) Burger Bun (200)				25 Chicken*(660) Cordon Bleu Mshd Potato (25) Salad (15) Italian Bread (190) Pears (5)				26 Seafood  Casserole*(570) Lemon Rice (45) B.Sprouts (15) WW Bread (165) Mixed Fruit (5)			
Cal	Carb	Na		Cal	Carb	Na		Cal	Carb	Na		Cal	Carb	Na		Cal	Carb	Na	
650	95	460		1085	115	935		700	80	670		725	85	1020		945	130	930	
29 BBQ Chicken*(510) Butternut (25) Spinach (220) Applesauce (15) Oat Bread (150)				30 Beef Stew (145) Mshd Potato (25) Salad (15) D.Roll (180) Fresh Fruit (5)				Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & butter Sodium (Na): Milligrams noted in parentheses Milk: 100 cal, 12 carbs and 110 mg sodium Butter: 35 cal, 0 carbs & 0 grams sodium *High sodium item (>500mg) ** Alternate for modified  = Alternate meal available A \$2.00 confidential donation is suggested per meal Donation letters are mailed monthly. 											
Cal	Carb	Na		Cal	Carb	Na													
680	85	1020		620	80	490													

Questions? Please contact Nutritionist, Leigh Hartwell 978-651-3023

For cancellations, please call: **978-686-1422** at least 24 hours in advance

Menu Subject to Change Without Notice

April: National Soy foods Month



Did You Know That Soy is...



- 1. A Great Source of Protein** - Soy protein is the only plant protein equivalent to animal protein with all nine essential amino acids in rations needed for muscle growth and recovery.
 - 2. Protective Against Breast Cancer** - The American Institute for Cancer Research released a position statement that soy foods are not only safe but contain several key nutrients and phytochemicals with cancer prevention properties.
 - 3. Beneficial for both Women & Men's Health** – Soy foods help lower the risk of heart disease and prostate cancer without side effects. They have a positive effect on heart disease, weight loss, certain forms of cancer, osteoporosis and menopause symptoms.
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Sources of Soy

Miso
Soy Flour
Soy Meat Alternatives
Soymilk
Soy Nuts/Butter
Soy Protein
Tempeh
Tofu
Whole Soybeans (Edamame)

Try This Great Recipe:

Three Bean Salad with Soybeans

Ingredients:

- 1 cup Frozen Edamame, thawed and unshelled
- 1 can low Sodium chickpeas, rinsed and drained
 - 1 cup frozen cut green beans, defrosted
 - ½ cup finely chopped red onion
 - Freshly ground black pepper

Dressing:

- 2 tbsp seasoned rice vinegar
- 1 tbsp coarse mustard
- 1 tsp olive oil

Mix and pour dressing over the beans and stir to combine. Season with freshly ground black pepper.

