

# Elder Services of the Merrimack Valley and North Shore, Inc.

## Regular Menu - February 2020

Monday			Tuesday			Wednesday			Thursday			Friday		
<b>3</b> Egg n' Cheese (210) Pork Sausage (300) Baked Pears (5) Croissant (165) Yogurt (75) Juice (5)			<b>4</b> Chicken Piccata w/capers (435) Pasta (20) Garden Salad (15) WW Bread (165) Baked Good**(100)			<b>5</b> Cheeseburger (445) Potato Chips (80) Chef's Veg (15) Burger Bun (200) Fresh Fruit (5)			<b>6</b> American Chop Suey (400) Zucchini (5) Garlic Roll (240) Mixed Fruit (5)			<b>7</b> Smothered Pork (290) Sweet Potato (25) Creamed Spinach (220) Applesauce (15) Biscuit (355)		
Cal 665	Carb 70	Na 775	Cal 705	Carb 95	Na 890	Cal 765	Carb 70	Na 850	Cal 760	Carb 100	Na 755	Cal 965	Carb 100	Na 1015
<b>10</b> Hot Dog (340) Baked Beans (330) Chef's Veg (50) Bun (210) Mandarins (5)			<b>11</b> Vegetable Lasagna (460) w/Marinara Capri Blend (15) Oat Bread (150) Baked Good**(100)			<b>12</b> Breaded Fish (235) Roasted Potato (5) Peas & Onions (70) Fresh Fruit (5) Burger Bun (200)			<b>13 Special:</b> Pot Roast Gravy (150) G. Beans (5) Scalloped Potato (280), Roll (180) Ambrosia (45)			<b>14</b> Sweet n' Sour Meatballs (250) Asian Veg (25) White Rice (5) Peaches (5) MG Bread (150)		
Cal 670	Carb 85	Na 1045	Cal 540	Carb 75	Na 800	Cal 750	Carb 115	Na 615	Cal 680	Carb 80	Na 765	Cal 615	Carb 80	Na 540
<b>17</b>  <b>President's Day</b> <b>No Meal Served</b>			<b>18</b> Ravioli (475) w/Vodka Sauce Broccoli & (15) Cauliflower Garlic Roll (240) Mixed Fruit (5)			<b>19</b> Breaded (340) Chicken Bites Roasted Potato (5) Chef's Veg (50) Fresh Fruit (5) Biscuit (355)			<b>20 Bday:</b> Meatloaf w/Gravy (260) Mashed Potato (25) Carrots (70) MG Bread (150) Cake**(405)			<b>21</b> Turkey & Rice Casserole (435) Beets (140) WW Bread (165) Pudding**(190)		
			Cal 500	Carb 75	Na 840	Cal 765	Carb 105	Na 860	Cal 610	Carb 85	Na 910	Cal 720	Carb 95	Na 1035
<b>24</b> Steak, Onions & Peppers (240) Farm Fries (135) Green Beans (5) Sub Roll (330) Chef's Dessert (5)			<b>25</b> Crustless (170) Chicken Pie Mashd Potato(25) Garden Salad (15) Biscuit (330) Baked Good**(100)			<b>26</b> Frittata (185) Baked Beans (335) Zucchini (5) Yogurt (75) Muffin (190) Juice (5)			<b>27</b> Open Turkey Sandwich*(565) Butternut (5) Chef's Veg (15) Fresh Fruit (5)			<b>28</b> Seafood Newburg*(570) Veg Rice (45) B. Sprouts (5) Pears (5) Oat Bread (150)		
Cal 815	Carb 105	Na 820	Cal 745	Carb 90	Na 775	Cal 610	Carb 90	Na 785	Cal 485	Carb 70	Na 695	Cal 750	Carb 125	Na 895

**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)

\*\* Lower carbohydrate dessert for modified



= Alternate meal available

*Questions? Please 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**

## Tips for Staying Active During the Winter

Staying active during the winter is difficult. Less daylight hours can cause fatigue, cold air can worsen arthritic pain, and snow can keep many of us indoors. This has a great effect on your physical and mental well-being. Exercise helps keep muscles strong and maintains bone density. It also improves heart health by lowering blood pressure. In addition, exercise can help ease arthritic pain by lubricating the joints. Therefore, it is very important to keep active year-round. Here are some tips to stay active during the colder months and start enjoying winter again!

**Exercise at home** – Staying active can be done in the comfort of your own home by lifting light arm weights, canned goods or bottles of water. Try to strength train 2-3 times per week.

**Walking** – Going for a brisk walk is a great way to stay active. Walking has been proven to improve digestion, boost your mood, and reduce the risk of chronic diseases, such as type 2 diabetes. A 30-minute brisk walk most days of the week is recommended (or 10-minute intervals three times per day). If weather conditions are poor, walking in a mall or a large store works just as well.

**Stretching** – Before exercising, it is important to do simple stretches to improve flexibility and warm up your muscles. This can make doing daily tasks much easier. Try touching your toes, reaching towards the sky or shoulder/neck rolls. Make sure to breathe during stretching.

**Keep hydrated!** – During the winter, many people find little satisfaction in drinking a cold glass of water. However, daily water intake is crucial for good health. Water is needed for the proper function of the cells, tissues, and organs in your body. It also helps boost your immune system. It is especially important to stay hydrated after a workout. Aim for at least half your body weight in ounces of water every day (this translates to a 130-pound person needing 8 cups or 64 oz/day). A hot cup of tea counts too!



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### We need your help! ESMV is seeking a Nutrition Site Coordinator in Billerica, MA.

#### Responsibilities

- Responsible for the day to day operations at the Billerica congregate dining location
- Managing the packing and delivery process for the meals on wheels program and serving congregate meal to consumers at the dining location using appropriate portions and menu
- Taking meal reservations for the congregate program
- Maintaining food safety logs
- Training meals on wheels drivers
- Filling in as needed on delivery routes and assisting the Nutrition Site Manager with any other duties.
- No Nutrition Background Needed

#### Qualifications

1. High School Diploma or equivalent
2. Excellent Communication skills
3. Valid Driver's License
4. Strong attendance standards
5. Ability to lift 25 lbs

Hours: 15 per week (M-F 9am – 12pm)

For more information  
contact Laura Garvin  
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