

# Elder Services of the Merrimack Valley, Inc.

## April 2018 Menu

Monday			Tuesday			Wednesday			Thursday			Friday		
<b>2 Beef Chili (240)</b> Tortilla Chips (160) Green Beans (5) Wheat Bread (165) M.Oranges (10)			<b>3 Balsamic (325)</b> Cranberry Chicken Mshd Potato (25) Carrots (70) Grain Bread (150) Pears (5)			<b>4 Chicken (120)</b> Soup, <b>Cold Meal:</b> Egg Salad (350) Marinated Veg(100) Potato Salad (100) Fresh Fruit (5)			<b>5 Easter Special</b> Ham w/Pineapple Sauce* (980) Spring Veg (10) Mshd Potato (25) Carrot Cake**(240)			<b>6 Eggplant*(700)</b> Parm w/Pasta Zucchini & Red Pepper (5) Italian Bread (190) Pudding**(190)		
Cal 795	Carb 95	Na 685	Cal 625	Carb 85	Na 680	Cal 900	Carb 95	Na 985	Cal 865	Carb 95	Na 1485	Cal 820	Carb 120	Na 1190
<b>9 Turkey</b> Divan*(570) Butternut (5) Rice (5) Peaches (10) Grain Bread (150)			<b>10 Frittata (180)</b> Roasted Potato (5) Apples (5) Juice (5) Yogurt (75) D.Roll (180)			<b>11 Sweet Potato</b> Soup (105) Brded Fish (270) Rice Pilaf (45) Beets (140) Fruit Loaf**(170)			<b>12 Lasagna (390)</b> w/Meat Sauce Creamed Spinach (220) Oat Bread (150) Chef's Dessert (5)			<b>13 Crustless(175)</b> Chicken Pot Pie Mshd Potato (25) Broccoli (15) Mixed Fruit (5) Biscuit (355)		
Cal 575	Carb 90	Na 840	Cal 615	Carb 95	Na 450	Cal 1030	Carb 150	Na 1040	Cal 700	Carb 85	Na 875	Cal 740	Carb 95	Na 675
<b>16</b> No Meals Patriots' Day 			<b>17 Chicken Teriyaki</b> (370) Rice (5) Asian Veg (25) Wheat Bread (165) Dt.Gelatin (10)			<b>18 Minestrone</b> (230) Stuffed Shells w/Meat Sauce (490) Broc&Cauli (15) Fresh Fruit (5) D.Roll (180)			<b>19 Birthday</b> Roasted Turkey w/gravy (495) Mshd Potato (25) Carrots (70) Oat Bread (150) Dirt Cake**(320)			<b>20 Mac &amp; Cheese</b> &Topping (480) Peas (60) Applesauce (5) Italian Bread (190)		
			Cal 550	Carb 70	Na 680	Cal 760	Carb 110	Na 1025	Cal 900	Carb 115	Na 1160	Cal 670	Carb 115	Na 865
<b>23 Hot Dog (340)</b> Pork Baked Beans (330) Potato Chips (80) Bun (210) M.Oranges (5)			<b>24 Chicken</b> Parmesan (480) Pasta (110) Salad (150) Grain Bread (150) Lorna Doones(100)			<b>25 Beef &amp; Veg</b> Soup (140) Cheeseburger (385) Roasted Potato (5) Mixed Veg (5) Yogurt (75)			<b>26 Beef &amp; Peppers</b> (275) Spanish Rice (260) Corn (5) Mixed Fruit (5) Tortilla (170)			<b>27 Seafood</b> Casserole* (575) Scalloped Potatoes (275) B.Sprouts (15) Pears (5)		
Cal 675	Carb 80	Na 1075	Cal 820	Carb 105	Na 1100	Cal 895	Carb 95	Na 930	Cal 895	Carb 110	Na 820	Cal 885	Carb 120	Na 1150
<b>30 Brown Sugar</b> M.Balls (275) Swt Potatoes (25) Chef's Veg Mixed Fruit (5) Hny Roll (120)			<p><b>Total Calories, Na and Carb include:</b> Entrée, sides, dessert, fruit, bread, milk &amp; margarine.</p> <p><b>Sodium (Na):</b> Milligrams noted in parentheses                      Milk: 100 cal, 12 carbs and 110 mg sodium                      Margarine: 40 cal, 0 carbs and 50mg sodium                      *High sodium item (&gt;500mg )                      **Alternate dessert available for modified meals                      Shading = higher sodium meal (&gt;1200mg)   =Alternate meal available</p>											
Cal 805	Carb 135	Na 535	<p><b>For cancellations, please call: 978-686-1422 at least 24 hours in advance</b></p>											



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.



# April: How to Cook For One Person

<b>Shop The Bulk Bins And The Deli Counter</b>	You can buy <i>exactly</i> how much you need. Buy a single chicken breast, 2 slices of cheese or a few cups of flour.
<b>Fill Up That Freezer</b>	Store leftovers & ingredients that you can easily reheat (frozen produce, protein and grains).
<b>Consider Investing In A Toaster Oven</b>	It is the quickest and easiest way to make single-serving meals and snacks. The toaster oven can roast a serving of veggies, broil a piece of fish, or bake <i>only</i> a few cookies.
<b>Learn How To Scale Down Larger Recipes</b>	Learn how to convert a recipe down to a single serving and be creative (replace eggs with liquid eggs or ground flax seed).
<b>Make Substitutions</b>	Use this alphabetical list to find common substitutes for ingredients you may not have on hand. <a href="http://www.myrecipes.com/how-to/ingredient-substitutions">http://www.myrecipes.com/how-to/ingredient-substitutions</a>
<b>Shop With A Friend</b>	Make grocery shopping cheaper and cut waste by splitting the purchases into smaller containers.

Cooking for one has many perks. You can cook exactly what you want, whenever you want. You can experiment and if the meal is terrible, you don't have to worry about ruining anyone else's dinner! Here are some fabulous recipes:

<http://www.pbs.org/food/theme/cooking-for-one/>

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## The Volunteer of the Month is Michael T. Clancy



Mike Clancy has been volunteering for ESMV for over five years. He is a volunteer at the Lowell site Wednesday through Friday and always steps up to take on extra routes when there is not enough drivers to deliver to the elders. His clients look forward to seeing Mike's smile every day, and he makes it a point to check on each and every client to make sure they are okay. When he is not delivering to the Homebound Elders of Lowell, he drives for Atria Marland in Andover, driving seniors to doctors' appointments, shopping, etc. The Nutrition Team would like to thank Mike for his dedication to the program. Please say thank you to him when you see him!!!!!!!