

Elder Services of the Merrimack Valley, Inc.

June 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday																														
<p>Total Calories, Na and Carb include: <i>Entrée, sides, dessert, fruit, bread, milk & margarine.</i> Sodium (Na): 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> *High sodium item (>500mg) **Alternate Dessert for Modified Meals Shading = higher sodium meal (>1200mg) =Alternate meal available</p>				<p>1 Crustless (175) Turkey Pot Pie Mshd Potato (25) Broccoli (15) Applesauce (15) D. Roll (180)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">720</td> <td style="text-align: center;">95</td> <td style="text-align: center;">510</td> </tr> </table>	Cal	Carb	Na	720	95	510																								
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<p>4 Chicken Fricassee (480) W.Rice (5) Peas (60) Mixed Fruit (5) MG Bread (150)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">730</td> <td style="text-align: center;">95</td> <td style="text-align: center;">805</td> </tr> </table>	Cal	Carb	Na	730	95	805	<p>5 Egg Casserole w/Sausage & Potatoes (400) Zucchini (5) Fruit Loaf **(170) D.Roll (180)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">780</td> <td style="text-align: center;">100</td> <td style="text-align: center;">865</td> </tr> </table>	Cal	Carb	Na	780	100	865	<p>6 Shepard's Pie (175) Carrots (70) Pudding**(190) WW Bread (165)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">740</td> <td style="text-align: center;">85</td> <td style="text-align: center;">705</td> </tr> </table>	Cal	Carb	Na	740	85	705	<p>7 Chef's Salad w/Ham*(570) Potato Salad (100) Fresh Fruit (5) Oat Bread (150)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">720</td> <td style="text-align: center;">75</td> <td style="text-align: center;">930</td> </tr> </table>	Cal	Carb	Na	720	75	930	<p>8 Eggplant Parm*(585) Pasta w/sauce (110) Cauliflower (20) Peaches (5) Italian Brd (190)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">755</td> <td style="text-align: center;">115</td> <td style="text-align: center;">1015</td> </tr> </table>	Cal	Carb	Na	755	115	1015
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<p>11 Swedish M.Balls (240) Rice Pilaf (45) Capri Blend (20) Applesauce (15) Oat Bread (150)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">640</td> <td style="text-align: center;">75</td> <td style="text-align: center;">570</td> </tr> </table>	Cal	Carb	Na	640	75	570	<p>12 Seafood Salad (300) Coleslaw (50) Pasta Salad (140) D.Gelatin (10) H.Dog Bun (210)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">730</td> <td style="text-align: center;">90</td> <td style="text-align: center;">810</td> </tr> </table>	Cal	Carb	Na	730	90	810	<p>13 Pork (150) w/apple Gravy G.Bans (5) Swt Potato (30) Pears (5) Italian Brd (190)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">670</td> <td style="text-align: center;">90</td> <td style="text-align: center;">490</td> </tr> </table>	Cal	Carb	Na	670	90	490	<p>14 Special-Beef Bourguignon (120) Mshd Potato (25) Carrots (60) Cookie**(100) WW Roll (180)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">675</td> <td style="text-align: center;">90</td> <td style="text-align: center;">630</td> </tr> </table>	Cal	Carb	Na	675	90	630	<p>15 Chicken Chop Suey* (650) Noodles (120) Broccoli (10) M.Oranges (5) WW Bread (150)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">895</td> <td style="text-align: center;">130</td> <td style="text-align: center;">1060</td> </tr> </table>	Cal	Carb	Na	895	130	1060
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<p>18 Hot Dog (340) Mixed Veg (50) Baked Beans (330) Fresh Fruit (5) Bun (210)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">715</td> <td style="text-align: center;">95</td> <td style="text-align: center;">1045</td> </tr> </table>	Cal	Carb	Na	715	95	1045	<p>19 Chicken Fajitas (375) Spanish Rice (260) Corn (5) Mixed Fruit (5) Tortilla (170)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">770</td> <td style="text-align: center;">110</td> <td style="text-align: center;">925</td> </tr> </table>	Cal	Carb	Na	770	110	925	<p>20 Salisbury Steak (300) Mshd Potato (25) B.Sprouts (20) Chef's Dessert (5) D.Roll (180)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">655</td> <td style="text-align: center;">90</td> <td style="text-align: center;">660</td> </tr> </table>	Cal	Carb	Na	655	90	660	<p>21 Deli Turkey & Cheese (400) Green Salad (150) Potato Salad (100) Oat Bread (300) Bday Cake**(175)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">760</td> <td style="text-align: center;">90</td> <td style="text-align: center;">1340</td> </tr> </table>	Cal	Carb	Na	760	90	1340	<p>22 Cheese Omelet (210) French Toast (320) Peaches (5) Yogurt (75) MG Bread (150)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">690</td> <td style="text-align: center;">95</td> <td style="text-align: center;">870</td> </tr> </table>	Cal	Carb	Na	690	95	870
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<p>25 Cheeseburger (385) Potato Chips (80) Beets (140) Pineapple (5) Bun (200)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">755</td> <td style="text-align: center;">75</td> <td style="text-align: center;">915</td> </tr> </table>	Cal	Carb	Na	755	75	915	<p>26 Macaroni n'Cheese (330) Peas (60) Pears (5) WW Bread (165)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">645</td> <td style="text-align: center;">115</td> <td style="text-align: center;">665</td> </tr> </table>	Cal	Carb	Na	645	115	665	<p>27 Curried Cken Salad (75) Pasta Salad(140) Marinated Veg(100) Fresh Fruit (5) Italian Brd (190)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">760</td> <td style="text-align: center;">80</td> <td style="text-align: center;">600</td> </tr> </table>	Cal	Carb	Na	760	80	600	<p>28 No Meals Volunteer Appreciation Day</p>	<p>29 Breaded Fish (190) Swt Potatoes (30) Chef's Veg (20) Fruit Loaf **(170) D.Roll (120)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <th style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">770</td> <td style="text-align: center;">115</td> <td style="text-align: center;">640</td> </tr> </table>	Cal	Carb	Na	770	115	640						
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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**



June: National Dairy Month

The dairy group includes milk, yogurt, and cheese, which provide important nutrients needed for good health such as calcium, vitamin D, and potassium! The recommended daily amount of dairy for those aged 51 years and older is 3 cups.

What counts as 1 cup of Dairy?

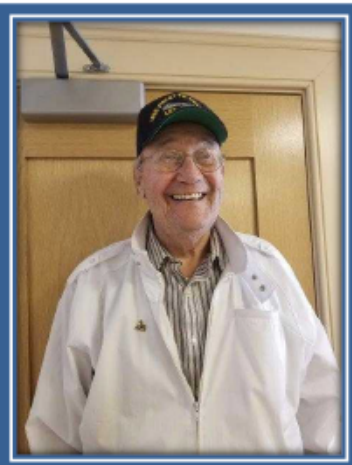
***Choose fat-free or low-fat

- 1 cup of milk
- 1 cup or 1 regular 8 ounce container of yogurt
- 1 ½ ounces of hard cheese such as cheddar, mozzarella, or Swiss
- 2 ounces of American cheese
- 1/3 cup of shredded cheese

Tips to Jazz up Plain Yogurt

- *Fresh/frozen Fruit:* Add ½ cup of fruit such as strawberries, blueberries, or raspberries to naturally sweeten your yogurt
- *Nuts/Nut Butters:* Add 1 tablespoon of chopped nuts such as almonds or walnuts or add 1 tablespoon of nut butter such as peanut butter or almond butter for some added protein, healthy fat, and crunch!

The Volunteer of the Month is Bob Peters



Bob has been volunteering for Meals on Wheels for 15 years! He delivers in the Newburyport community, Monday through Friday. Bob says that delivering with Meals on Wheels has kept him alive and healthy and feeling young. Bob's hobbies are collecting clocks and tinkering with them. Bob is 84 years young and has 2 daughters and 6 grandchildren. Bob likes the interaction with the clients and his coworkers. Thank you Bob for all you do!