

# Elder Services of the Merrimack Valley, Inc.

## 2017 December Menu

Monday	Tuesday	Wednesday	Thursday	Friday																														
<p><b>Total Calories, Na and Carb include:</b> Entrée, sides, dessert, fruit, bread, milk &amp; margarine.                      *High sodium &gt;500mg                      **Lower carbohydrate dessert for modified meals   =Alternate meal available  <b>Shading</b> = Higher sodium meal &gt;1200mg  <b>Sodium (Na):</b> Milligrams noted in parentheses                      Milk: 100 calories, 12 carbs and 110 mg sodium                      Butter: 40 calories, 0 carbs and 50mg sodium</p>				<p><b>1 Beef Stew</b> (145) w/Veggies Potatoes (30) D.Roll (180) Pears (5)</p>																														
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<p><b>4 Meatloaf</b> w/gravy (155) Mshd Potato (25) Carrot/Parsnip(65) WW Bread (165) Chef's Dessert</p>	<p><b>5 Chicken</b> Parmesan*(720) Pasta (110) Zucchini (5) D.Roll (180) Mixed Fruit (5)</p>	<p><b>6 Minestrone</b>(230) Sausage Peppers and Onions (420) Mshd Potato (25) G.Beans (5) Fruit (5)</p>	<p><b>7 Frittata</b> (180) Rsted Potatoes (5) Bked Apples (5) Yogurt (75) D.Roll (130) Juice (5)</p>	<p><b>8 Baked Fish</b>  w/Dill Sauce (320) Lemon Rice (10) Broccoli (10) Cookie**(100) Grain Bread(150)</p>																														
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<p><b>11 Hot Dog</b> (340) Baked Beans(330) Potato Chips (80) Bun (210) M.Oranges (5)</p>	<p><b>12 Sweet n'Sour</b> Pork (200) White Rice (5) Asian Veg (20) Peaches (5) Oat Bread (150)</p>	<p><b>13 Lentil Soup</b>(410) Herb Chicken (50) Swt Potatoes (25) B. Sprouts (20) D.Roll (180) Fruit (5)</p>	<p><b>14 Birthday</b> Open Turkey Sandwich* (635) Mshed Potato (25) Peas (60) B-day Cake**(175)</p>	<p><b>15 Eggplant</b> Parmesan*(585) Pasta (110) Spinach (110) WW Bread (165) Diet Gelatin (10)</p>																														
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<p><b>18 Meatball</b> Sub (280) Chef's Veg (50) Pasta (110) Sub Roll (330) Pineapple (5)</p>	<p><b>19 Chicken</b> Paprika*(525) Rice Pilaf (45) Mixed Veg (20) Oat Bread (150) Chef's Dessert</p>	<p><b>20 Chicken</b> Noodle Soup(120) Cheeseburger(385) Rsted Potatoes (5) Beets (140) Yogurt (75)</p>	<p><b>21 Special</b> Ham w/pineapple sauce*(840) Mshed Potato (25) Butternut (5) Breadstick (230) Applesauce (15)</p>	<p><b>22 Macaroni</b> n'Cheese (330) Topping (150) Broccoli (15) WW Roll (180) Fruit Loaf**(170)</p>																														
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<p><b>25</b>  No Meal Service  Merry Christmas</p>	<p><b>26 Lasagna</b> (290) w/Meat Sauce Cauliflower (15) D.Roll (180) Pudding **(190)</p>	<p><b>27 Seafood</b> Chowder (190) Breaded Fish  (270), G.Beans(5) Mshd Potato (25) Crunch Bar**(80)</p>	<p><b>28 Beef &amp; Pepper</b> Casserole (360) White Rice (5) Corn (15) D.Roll (180) Chef's Dessert</p>	<p><b>29 Teriyaki</b> Chicken*(515) Asian Veggies(20) Noodles (120) WW Bread (165) Pineapple (5)</p>																														
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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.**

## December: Friendship Soup



Budgets can become strained during the holiday season. With a long list of family and friends, finding enough money to go around may be challenging. Consider this fun and economical gift idea. The recipient will appreciate the attractive and thoughtful gift and also will value the convenience and nutrition of a delicious meal.

### Friendship Soup Mix

½ c. dry split peas  
2 Tbsp. low sodium bouillon granules  
¼ c. pearl barley  
½ c. dry lentils  
¼ c. dry, minced onions  
2 tsp. Italian seasoning  
½ c. long-grain white rice  
½ c. macaroni noodles  
In a clean, quart-sized jar, layer all the ingredients except the macaroni. Place the macaroni in a sandwich bag and place it on top of the other ingredients. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card

### **Friendship Soup Recipe Card**

- 1 container Friendship Soup Mix
- 1 lb. lean ground beef or turkey
- 3 qt. water
- 1 (28-oz.) can diced tomatoes

Brown meat, drain and place in a large pot with water and tomatoes. Add soup mix except macaroni. Bring to a boil, reduce heat and simmer for one hour. Add macaroni and continue cooking for another 10 to 15 minutes.

*Makes 12 servings. Each serving has 150 calories, 4 g fat, 12 g carbohydrate and 390 mg sodium.*

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### **The Volunteer of the Month is Bob Thomas**



Bob Thomas has been volunteering for ESMV for 4 years. In addition to delivering meals Monday-Friday in Methuen he also helps with our friend in deed program and the medical advocacy program. Just last month Bob volunteered 86 hours of his time! Bob enjoys going to Ogunquit, Maine during the warm months and also walking his dog. He loves spending time with his family and always has a good joke to brighten your day. The Nutrition Team would like to thank Bob for all he does!! Please say thank you if you see him around 😊