




**Elder Services of the Merrimack Valley, Inc.
November 2018 - Regular Menu**

Monday			Tuesday			Wednesday			Thursday			Friday		
<p><i>Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine.</i></p> <p>Sodium (Na): Milligrams noted in parentheses</p> <p><i>Milk: 100 cal, 12 carbs and 110 mg sodium</i></p> <p><i>Butter: 35 cal, 0 carbs & 0 grams sodium</i></p> <p><i>*High sodium item (>500mg)</i></p> <p><i>Shading = higher sodium meal (>1200mg)</i></p> <p> Alternate meal available</p> <p>**Lower Carb Dessert for Modified Meals</p> <p>Menu Subject to Change Without Notice</p>									<p>1 Pork Stir Fry* (530)</p> <p>Asian Veg (25)</p> <p>White Rice (5)</p> <p>Oat Bread (150)</p> <p>M.Oranges (10)</p>			<p>2 Omelet (280)</p> <p>Sausage (165)</p> <p>Apples (5)</p> <p>Roasted Potato(5)</p> <p>Muffin (190)</p> <p>Juice (5),Fruit (5)</p>		
<p>5 Meatball Sub (300)</p> <p>Chef's Veg (50)</p> <p>Pasta (20)</p> <p>Sub Roll (330)</p> <p>Pears (5)</p>			<p>6 Hot Dog (340)</p> <p>Bked Beans (335)</p> <p>Coleslaw (50)</p> <p>Roll (210)</p> <p>Pineapple (5)</p>			<p>7 Tomato Soup (225)</p> <p>Herbed Cken(50)</p> <p>Rice Pilaf (45)</p> <p>B.Sprouts (20)</p> <p>WW Bread (165)</p>			<p>8 Chef's Stew(145)</p> <p>Potatoes (5)</p> <p>Garden Salad (15)</p> <p>Dinner Roll (180)</p> <p>Fruit Loaf**(170)</p>			<p>9 Breaded  Fish (270)</p> <p>Macaroni n'Cheese (130)</p> <p>Peas & Carrots(75)</p> <p>Diet Gelatin (10)</p>		
Cal 920	Carb 140	Na 815	Cal 700	Carb 90	Na 1035	Cal 710	Carb 100	Na 610	Cal 930	Carb 120	Na 630	Cal 620	Carb 75	Na 745
<p>12 No Meals Served</p> <p align="center">Veteran's Day Observed</p>			<p>13 Lentil (130)</p> <p>Pumpkin Stew</p> <p>Rice (5)</p> <p>Cauliflower (15)</p> <p>Oat Bread (150)</p> <p>Pudding**(190)</p>			<p>14 Chicken (120)</p> <p>Noodle Soup</p> <p>Cheeseburger (445)</p> <p>Rsted Potato (5)</p> <p>Mixed Veg (50)</p> <p>Bun (200)</p>			<p>15 Special-Trkey w/gravy (495)</p> <p>Mshd Potato (25)</p> <p>Stuffing (85)</p> <p>G.Bean Casserole (155), Pie (265)</p>			<p>16 Lasagna (390) w/meat sauce</p> <p>Zucchini (5)</p> <p>Mixed Fruit (5)</p> <p>Italian Brd (190)</p>		
<p align="center">Cal 690</p> <p align="center">Carb 115</p> <p align="center">Na 600</p>			<p align="center">Cal 950</p> <p align="center">Carb 110</p> <p align="center">Na 930</p>			<p align="center">Cal 950</p> <p align="center">Carb 125</p> <p align="center">Na 1310</p>			<p align="center">Cal 545</p> <p align="center">Carb 70</p> <p align="center">Na 695</p>					
<p>19 Frittata (180)</p> <p>Beets (140)</p> <p>Rsted Potato (5)</p> <p>Fruit Loaf (170)</p> <p>Juice (5)</p> <p>Oat Bread (150)</p>			<p>20 Shepard's Pie (175)</p> <p>Garden Salad (15)</p> <p>WW Roll (180)</p> <p>Pears (5)</p>			<p>21 Tortellini Soup (290)</p> <p>Breaded Cken (225)</p> <p>Veggie Rice (90)</p> <p>Peas (60)</p> <p>Berry Cup**(5)</p>			<p>22</p> <p align="center">No Meals Served Thanksgiving</p>			<p>23</p> <p align="center">No Meals Served Day after Thanksgiving</p>		
Cal 695	Carb 105	Na 650	Cal 685	Carb 80	Na 485	Cal 950	Carb 125	Na 915						
<p>26 Chicken Broccoli Alfredo w/Pasta (410)</p> <p>Summer Squash (5)</p> <p>MG Bread (150)</p> <p>Peaches (5)</p>			<p>27 Seafood*  Casserole</p> <p>Butternut (5)</p> <p>Rice Pilaf (45)</p> <p>Cookie**(100)</p> <p>WW Bread (165)</p>			<p>28 Minestrone(230)</p> <p>Ribeque*(630)</p> <p>Rsted Potato (5)</p> <p>G.Beans (5)</p> <p>Yogurt (75)</p> <p>Bun (200)</p>			<p>29 Pot Roast w/gravy (55)</p> <p>Yams (30)</p> <p>Crmd Spinach(220)</p> <p>D.Roll (180)</p> <p>Applesauce (15)</p>			<p>30 Ravioli (475) w/Lemon Butter & Peas</p> <p>Cauliflower (15)</p> <p>Italian Brd (190)</p> <p>Chef's Dessert</p>		
Cal 690	Carb 95	Na 680	Cal 975	Carb 125	Na 995	Cal 815	Carb 125	Na 1355	Cal 685	Carb 80	Na 545	Cal 700	Carb 85	Na 825

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

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

November:

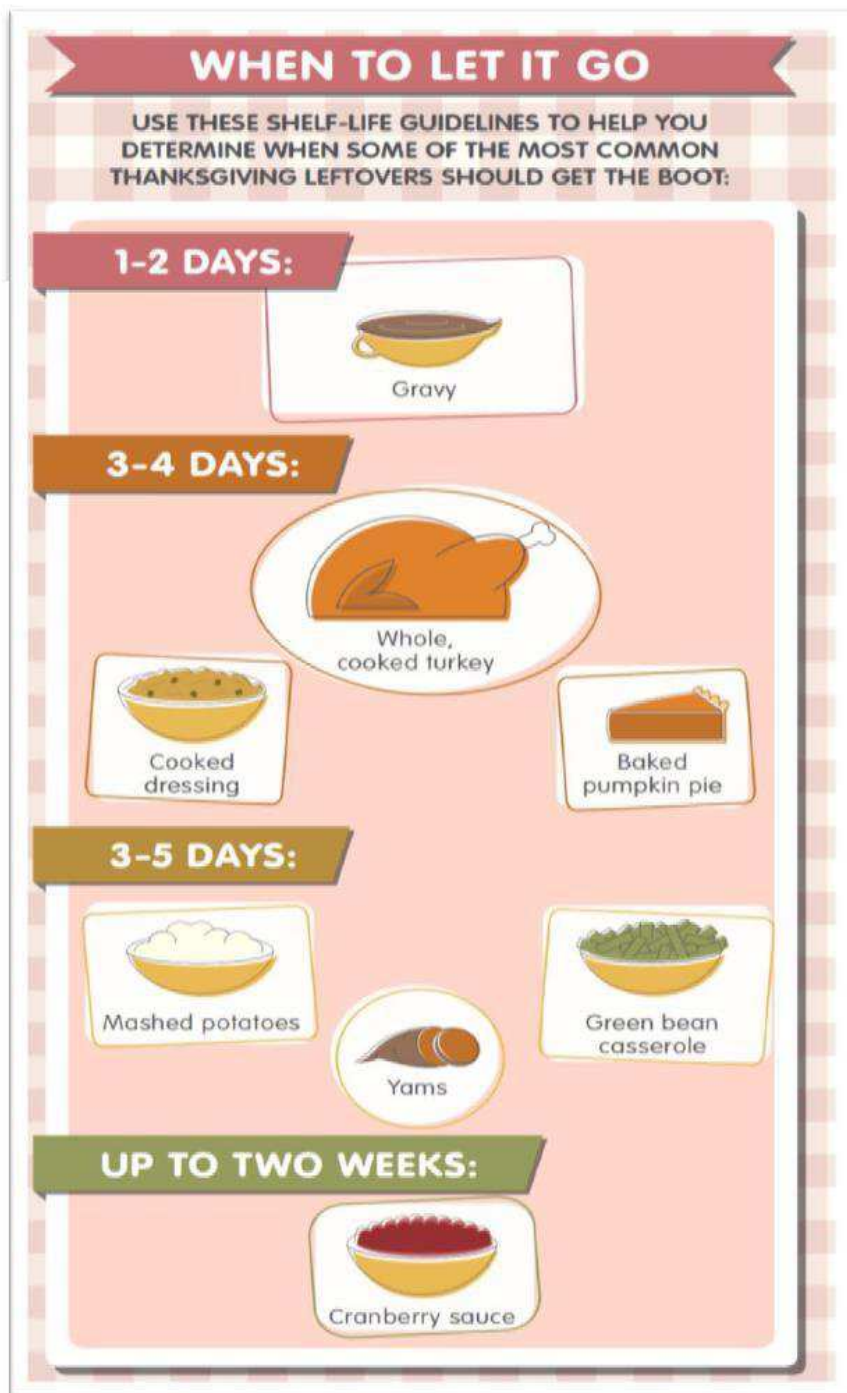
Holiday Food Safety & Leftovers

One of the biggest benefits of Thanksgiving is the leftovers. Before you dig in, consider food safety.

Bacteria grow between 40 - 140 degrees. Make sure your leftovers have been taken out of this range within two hours and throw away anything that's been at room temperature for more than two hours!

Reheat leftovers to 165 degrees, (use a food thermometer). Soups, sauces and gravies should be brought to a boil. Stir foods during the reheating process and let foods stand for a few minutes after taking them out of the microwave. Frozen leftovers can be thawed in the refrigerator, in cold water, or in the microwave (never the countertop). Use this chart to determine when to get rid of leftovers. Enjoy and stay healthy.

"When in doubt, throw it out!"



November Volunteer of the Month is Kathy Corcoran



Kathy has been volunteering for the Billerica Council on Aging for 7 years. She started by volunteering for the walking group, which she still participates in, and quickly was recruited to the kitchen. She volunteers 10-15 hours of her time each week helping the Senior Center. Some of her duties include: packaging Meals on Wheels, serving the congregate meal, leading the walking group 5x per week, and other kitchen duties that need to be done. When she's not volunteering, she enjoys spending time with her 7 grandchildren who range from in age from 3-18. We want to thank Kathy for all of her hard work!

**Elder Services of the Merrimack Valley, Inc.
November 2018 – Cold Supper Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Egg Salad Garden Salad Summer Potato salad Rye bread Tropical Fruit	2 Seafood Salad Garden Pasta Salad Spinach Salad Multigrain Bread Fig Bars
5 Chef Salad w/Turkey English Pea Salad WW Roll Fresh Fruit	6 Tuna Salad Potato Salad Cuke, Feta & Onion Salad Multigrain Bread Fresh Fruit	7 Pesto Caesar Salad w/Grilled Chicken Garden Pasta Salad WW Roll Mandarin Oranges	8 Egg Salad Summer Squash Salad Tri-Color Pasta Salad Rye Bread Diet Pudding	9 Turkey & Cheese Cauliflower Salad Summer Potato Salad Multigrain Bread Ginger Snaps
12 No Meals Served Veteran's Day	13 Turkey & Cheese Carrot Raisin Salad English Pea Salad Rye Bread Fresh Fruit	14 Tuna Salad Italian Pasta Salad Zucchini Salad Multigrain Bread Fig Bars	15 Egg Salad Root Vegetable Salad Summer Potato Salad Wheat Bread Diet Pudding	16 Rst Beef & Cheese Broccoli Slaw Garden Pasta Salad Rye Bread Pears
19 Curry Chicken Salad Tomato & Pepper Salad Corn Salad Oat Bread Mandarin Oranges	20 Chicken Salad Summer Squash Salad Greek Pasta Salad Wheat Bread Mandarin Oranges	21 Rst Beef & Cheese Italian Pasta Salad Riviera Salad Scali Bread Fresh Fruit	22 No Meals Served Thanksgiving	23 No Meals Served Day After Thanksgiving
26 Seafood Salad German Potato Salad Garden Salad Tropical Fruit Rye Bread	27 Egg Salad Root Vegetable Salad Beet Salad Wheat Bread Applesauce	28 Rst Beef & Cheese Zucchini Salad Corn Salad Oat Bread Pistachio Pudding	29 Vegetarian Chef Salad (Chickpeas & Egg) Balsamic Pasta Salad Dinner Roll Tropical Fruit	30 California Chicken Salad w/cranberries Broccoli Slaw Italian Pasta Salad Wheat Bread Mandarin Oranges