








Elder Services of the Merrimack Valley, Inc.

February 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> <i>*High sodium item (>500mg)</i> <i>**Alternate Dessert for Modified Meals</i> <i>Shading = higher sodium meal (>1200mg)</i>  =Alternate meal available</p> | | | | | | | | | | | | 1 Lemon Pepper Fish  (350) Broccoli (15) Veg Rice (90) Mixed Fruit (5) Oat Bread (150) | | | 2 Beef Stew w/Veg (150) Steamed Potatoes (30) WW Roll (180) M.Oranges (10) | | |
| 5 Mac&Cheese &Topping (480) Peas (60) Pineapple (5) Oat Bread (150) | | | 6 Diced Pork w/apples (440) Swt Potato (25) B.Sprouts (15) Peaches (5) WW Bread (165) | | | 7 Chicken (120) Noodle Soup Cheeseburger (380) Rst Potato (5) Capri Veg (15) Lorna Doones (100) | | | 8 Crustless (175) Chicken Pot Pie Mshd Potato (25) Green Beans (5) Pears (5) Biscuit (355) | | | 9 Frittata (180) Rsted Potato (5) Bked Apples (5) Yogurt (75) Juice (5) D.Roll (180) | | | | | |
| Cal | Carb | Na | Cal | Carb | Na | Cal | Carb | Na | Cal | Carb | Na | Cal | Carb | Na | | | |
| 710 | 120 | 810 | 830 | 105 | 760 | 940 | 95 | 935 | 750 | 100 | 670 | 660 | 95 | 495 | | | |
| 12 Chicken Fricassee (480) White Rice (5) Butternut (5) Mixed Fruit (5) Grain Bread (150) | | | 13 Veg Soup (110) Sausage (425) Peppers & onions Rsted Potato (5) Corn (15) Fresh Fruit (5) | | | 14 Valentine's - Eggplant Parm w/Pasta*(605) Summer Squash (5) Italian Brd (190) Mousse* (50) | | | 15 Birthday - Meatloaf (155) Mshd Potato (25) Carrot&Parsnip (25) Oat Bread (150) Bday Cake**(175) | | | 16 Chinese NY-Asian Fish  (415),Noodles (120) Asian Veg (50) M.Orange (5) Dinner Roll (180) | | | | | |
| Cal | Carb | Na | Cal | Carb | Na | Cal | Carb | Na | Cal | Carb | Na | Cal | Carb | Na | | | |
| 730 | 100 | 750 | 740 | 105 | 785 | 740 | 105 | 960 | 770 | 95 | 650 | 840 | 130 | 860 | | | |
| 19 President's Day No Meals Served | | | 20 Meatballs (310) Marinara Sauce Pasta (20) Crmd Spinach (220) Dinner Roll (180) Peaches (5) | | | 21 Corn chowder (230), Breaded Fish  (270) Mixed Veg (40) Lemon Rice (10) Yogurt (90) | | | 22 Turkey w/Gravy (495) Mshd Potato (25) Green Beans (5) Pears (5) WW Roll (120) | | | 23 Vegetarian Lentil Stew*(530) Cornbread (210) Brown Rice (40) Green Salad (150) Fresh Fruit (5) | | | | | |
| Cal 905 Carb 115 Na 815 | | | Cal 815 Carb 120 Na 880 | | | Cal 565 Carb 80 Na 760 | | | Cal 855 Carb 120 Na 1040 | | | | | | | | |
| 26 Hot Dog (340) Pork Baked Beans (330) Potato Chips (80) Bun (210) M.Oranges (5) | | | 27 Beef Burgundy (100) Mshd Potato (25) Broccoli (15) Italian Brd (190) Chef's Dessert | | | 28 Tortellini Soup (290) Herb Cken (100) Rsted Potato (5) Beets (140) Fruit Loaf**(170) | | |  | | | | | | | | |
| Cal | Carb | Na | Cal | Carb | Na | Cal | Carb | Na | | | | | | | | | |
| 675 | 80 | 1075 | 570 | 75 | 450 | 1075 | 140 | 940 | | | | | | | | | |

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

The Health Benefits of Chocolate

Enjoy a Valentine's Day Treat for Your Heart, Mind and Taste Buds.



WHY? Dark Chocolate (choose at least 60% to 70% Cocoa) contains flavonoid compounds that act as anti-inflammatory antioxidants and have been shown to reduce age-related cognitive dysfunction (including memory), LDL cholesterol and blood pressure.

WHAT? Since flavonoids are found only in the solids, you can use the percentage of solids as a general guide for choosing products with the most flavonoids. Unsweetened cocoa powder has 88% to 96% cocoa solids, dark chocolate contains 45% to 90% cocoa solids, and milk chocolate only has 5% to 7% cocoa solids.

WHEN? Aim to consume 1oz of dark chocolate per day.

Nutrition facts per 1oz dark chocolate: 162 calories, 11g total fat, 6g saturated fat, 15g carbohydrates, 2g protein, 19% DV of manganese, 17% DV of copper, 12% DV of magnesium, 10% DV of iron.

TIP: Don't replace healthy foods with chocolate! Substitute the sweets currently in your diet with dark chocolate. Dark Chocolate is more filling than milk chocolate, lessening the craving for sweet, salty, and fatty foods.

The Volunteer of the Month is Maurice Garand



Maurice has been volunteering with Meals on Wheels for 26 years! He volunteers delivering meals in Amesbury, Monday through Friday. Maurice loves talking with his clients and especially if they speak French!! Maurice is a retired postal worker from the Amesbury Post Office. In his free time Maurice likes to watch TV and tend to his garden. Maurice has 8 children, 20 grandchildren and 6 great grandchildren! If you see him around please say "Bonjour Maurice"!! Thank you Maurice for being an awesome volunteer!!