

## May Regular Menu 2024

Monday	Tuesday	Wednesday	Thursday	Friday																														
Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis *High sodium item (>500mg) Shading = High sodium meal (>1200mg) <b>Nutrition Questions?</b> Please contact Leigh Hartwell <a href="mailto:lhartwell@agespan.org">lhartwell@agespan.org</a> or 978-651-3023 = Alternate for fish available		<b>1 Sloppy Joe (195)</b> Berry Crisp (105) Corn (5) Garden Salad (150) Burger Bun (250)	<b>2 Breaded Fish (225)</b> Rice Pilaf (45) Br. Sprouts (15) Bun (330) Apple Slices (10)	<b>3 Macaroni and Cheese*(815)</b> Peas & Carrots (60) Oat Bread (150) Fresh Orange (0)																														
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<b>6 Apricot Meatballs (220)</b> Couscous (5) Beets (140) Vienna Brd (140) Pineapple (5)	<b>7 Ravioli w/Marinara* (510)</b> Zucchini & (10) Summer Squash WW Bread (165) Mandarins (5)	<b>8 Cold: Chicken Salad (340)</b> Spinach Salad (25) Tabouli (125) MG Bread (300) Yogurt (75) Juice (0)	<b>9 Special: Crustless Quiche (305)</b> Au gratin Potatoes (145) Honey Carrot (80) Fruit Salad (5) Coffee Cake (135)	<b>10 Beef Stew (245)</b> Mshd Potato(110) WW Roll (180) Fresh Fruit (5)																														
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<b>13 Beef Fajita (305)</b> Black Beans (140) Spanish Rice (260) Tortilla (190) Cookie (70)	<b>14 Turkey w/Gravy*(765)</b> Mshd Potato (110) Carrots (45) LS Wheat Bread(0) Applesauce (15) Cranberries (5)	<b>15 Chicken Parmesan *(615)</b> Pasta (5) Zucchini (5) WW Bread (165) Fresh Orange (5)	<b>16 BBQ Pulled Pork* (530)</b> Sweet Tater Tots (230) Corn (5) Burger Bun (250) Mandarins (5)	<b>17 Lentil Stew (300)</b> Br. Sprouts (15) WW Roll (180) Yogurt (75) Juice (0)																														
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<b>20 Chicken Stir Fry* (555)</b> Brown Rice (25) Vienna Brd (140) Pineapple (5)	<b>21 Volunteer Appreciation Day No Meals Served</b>	<b>22 Hot Dog* (540)</b> Bkd Beans (370) Warm Apples(10) Coleslaw (45) Roll (250)	<b>23 B-day Cold:</b> Egg Salad (135) Pasta Salad (320) Garden Salad (35) Oat Bread (260) Cake (175)	<b>24 Beef Burgundy (190)</b> Egg Noodles (5) Broccoli (10) MG Bread (150) Gelatin (40)																														
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<b>27 No Meals Memorial Day</b>	<b>28 Stuffed Shells w/Marinara*(570)</b> Broccoli (10) Dinner Roll (260) Applesauce (15)	<b>29 Chicken Kiev (435)</b> Rice Pilaf (45) Beets (140) MG Bread (150) Pineapple (5)	<b>30 Meatloaf w/Gravy (210)</b> Mshd Potato (110) Peas (60) Oat Bread (150) Pudding (190)	<b>31 Cheese Omelet (270)</b> Rstd Potatoes (5) Ratatouille (115) Orange (0) Fruit Loaf (240)																														
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**To Cancel Meals: call 978-686-1422 at least 24 hours prior to service. A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly. Menu Subject to Change Without Notice**

MOVE  
MORE



## NATIONAL **PHYSICAL FITNESS & SPORTS NUTRITION** MONTH

Taking part in more movement every day can help you feel your best. Physical activity provides many mental and physical health benefits, such as improving your mood, helping you perform the activities of daily living, and preventing and managing health conditions and diseases. Stay motivated by finding pleasure in the activities you choose to do, by surrounding yourself with other active people, and by tracking your progress through technology like an app or a fitness watch or on a paper calendar.

### Physical Activity Guidelines for Adults 65+

- 150 minutes (about 2 and a half hours) or more a week for moderate-intensity activity or a minimum of 75 minutes or more a week of vigorous activity
- Include the following each week:
  - Muscle-strengthening physical activity at least two days per week involving all the major muscle groups
  - Multi-component activities that include more than one type of physical activity, such as aerobic, muscle strengthening, and balance training. Examples: dancing, yoga, tai chi, gardening, and sports
- If chronic conditions prevent reaching 150 minutes a week of moderate-intensity activity, be as active as your abilities and conditions allow

### Moderate vs Vigorous

Be sure to determine the level of effort you may need for a physical activity relative to your fitness level and understand how chronic conditions may affect your ability to do regular physical activity.

**Moderate-intensity Activity** – A rule of thumb is that you can talk but likely cannot sing. Activities may include walking 2.5 miles per hour or faster, swimming, hiking, kayaking, bicycling slower than 10 miles/hour, yard and home repair, active yoga (Vinyasa or power yoga), tennis (doubles), ballroom or line dancing, and exercise classes like water aerobics.

**Vigorous-intensity Activity** – It should be difficult to say more than a few words. Activities may include sports, jogging or running, cross-country skiing, swimming, tennis (singles), bicycling faster than 10 miles/hour, heavy yard work (digging or shoveling), hiking uphill, high-intensity interval training (HITT), and some exercise classes (vigorous aerobics or kickboxing).

References: [https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)  
<https://www.eatright.org/fitness/physical-activity>

ELIOR NORTH AMERICA



BeWell