

**Elder Services of the Merrimack Valley and North Shore, Inc.**  
**Regular Menu – March 2020**

Monday			Tuesday			Wednesday			Thursday			Friday		
2 Mac n' Cheese w/Topping (490) Peas (60) WW Roll (180) Yogurt (75) Juice (5)			3 Aloha Chicken*(650) Corn & Beans (160) Broccoli (15) Mixed Fruit (5) Oat Bread (150)			4 Cheeseburger (455) Roasted Potato (5) Chef's Veg (50) Burger Bun(200) Fresh Fruit (5)			5 Pork w/Apples (150) Sweet Potato (25) Cauliflower (130) Rye Bread (150) Peaches (5)			6 Breaded Shrimp (375)  Veg Rice (45) Garden Salad (15) WW Bread (150) Fruit Loaf**(170)		
Cal 735	Carb 135	Na 805	Cal 555	Carb 70	Na 1085	Cal 890	Carb 100	Na 810	Cal 715	Carb 85	Na 470	Cal 900	Carb 115	Na 875
9 Meatball Stroganoff*(555) Pasta (20) Zucchini (5) WW Roll (180) Pears (5)			10 Hot Dog (340) Baked Beans (335) Beets (140) Bun (210) Mandarins (5)			11 Beef Steak w/Peppers (240) Potato Chips (80) Green Beans (5) Sub Roll (330) Fresh Fruit (5)			12 Baked Chicken*(660) Mashed Potato(25) Carrots (70) MG Bread (150) Cookie**(100)			13 Breaded Fish (190)  Lemony Rice (10) Crm Spinach (220) Oat Bread (150) Diet Gelatin (10)		
Cal 810	Carb 110	Na 675	Cal 620	Carb 75	Na 1140	Cal 780	Carb 100	Na 765	Cal 750	Carb 85	Na 1070	Cal 675	Carb 80	Na 690
16 Orange Chicken (155) White Rice (5) Asian Veggies (25) WW Bread (165) Pineapple (5)			17 Special: Corned Beef Au Jus*(625) Cabbage & Carrots (70) Potatoes (30) Pudding**(190)			18 Egg n' Cheese (210) Sausage (300) Peaches (5) Fruit Loaf (170) Fresh Fruit (5)			19 Bday: Turkey Gravy (485) Mashed Potato(25) Peas & Onions (60) Oat Bread (150) Cake**(410)			20 Vegetarian Chili*(510) Fruit Crisp (110) Garden Salad (15) Corn Bread (190)		
Cal 600	Carb 85	Na 460	Cal 650	Carb 90	Na 1400	Cal 805	Carb 95	Na 885	Cal 700	Carb 95	Na 1210	Cal 685	Carb 95	Na 930
23 Meatloaf w/ Gravy (155) Mashed Potato (25) B. Sprouts (15) WW Bread (165) Chef's Dessert			24 Eggplant Parm*(585) Pasta (110) Capri Blend (15) Garlic Roll (150) Cookie**(100)			25 Breaded Chicken*(530) Veg Rice (90) Broccoli (15) Fresh Fruit (5) Oat Bread (150)			26 Ham w/Cherry Sauce*(850) Green Beans (5) Sweet Potato (25) Italian Bread (190) Applesauce (15)			27 Frittata (180) Baked Beans (335) Zucchini (5) Biscuit (355) Yogurt (75) Juice (5)		
Cal 745	Carb 90	Na 475	Cal 800	Carb 110	Na 1030	Cal 615	Carb 90	Na 785	Cal 615	Carb 90	Na 1200	Cal 685	Carb 95	Na 1060
30 BBQ Cken*(640) Butternut (5) Corn & Peppers (5) Pudding**(190) MG Bread (150)			31 Lasagna (390) w/meat sauce Peas (5) Garlic Roll (150) Pears (5)			<b>Total Calories, Na and Carb include:</b> Entrée, sides, dessert, fruit, bread, milk, butter. <b>Sodium (Na):</b> Milligrams noted in parentheses, <b>Milk:</b> 100 calories, 12 carbs and 110 mg sodium <b>Butter:</b> 30cal, 0 carbs & 0mg Na *High sodium item ( >500mg), Shading = High sodium meal (>1200) ** Lower carbohydrate dessert for modified  = Alternate meal available								
Cal 640	Carb 95	Na 1090	Cal 615	Carb 80	Na 715									

*Questions? Please 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

## National Nutrition Month March 2020

Happy National Nutrition Month! This year's theme is to eat right, bite by bite, which focuses on making small nutrition goals to achieve wellness. Eating healthy should not be stressful or overwhelming. Taking small steps will help you adjust to new changes at your own pace. This will put you in a mindset to make future healthy choices that will eventually become a normal part of your daily life. Here are some tips that you can implement into your lifestyle today!

**Make half your plate fruits and vegetables** - Eat a variety of vegetables, especially dark leafy greens. Fresh, frozen, and canned vegetables all count. Be sure to choose cans that say, "low sodium" or "no added salt." Fruit can be added to meals and snacks. Try using fresh and frozen fruits, such as blending a banana and frozen strawberries with low fat milk or almond milk to make a delicious smoothie!

**Choose whole grains** – This can be as simple as swapping regular white bread for whole wheat bread. Look for 100% whole wheat or whole wheat flour as the first ingredient listed on the package. Also choose whole grain cereals, crackers, pasta, and brown rice.

**Start your meal with lower calorie foods** – This includes fruits and vegetables. These foods are the most nutrient dense. If you fill up with these first, you are less likely to overindulge in unhealthy foods.

**Drink more water** – Stay hydrated with water as your main beverage every day instead of sweetened drinks. Drinking water before a meal can also help you feel fuller, which will prevent overeating. Also, use a reusable water bottle to always have water on hand.



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### We need your help! ESMV is seeking a Nutrition Site Coordinator in Billerica, MA.

#### Responsibilities

- Responsible for the day to day operations at the Billerica congregate dining location
- Managing the packing and delivery process for the meals on wheels program and serving congregate meal to consumers at the dining location using appropriate portions and menu
- Taking meal reservations for the congregate program
- Maintaining food safety logs
- Training meals on wheels drivers
- Filling in as needed on delivery routes and assisting the Nutrition Site Manager with any other duties.
- No Nutrition Background Needed.

#### Qualifications

1. High school diploma or equivalent
2. Excellent communication skills
3. Valid driver's license
4. Strong attendance standards
5. Ability to lift 25 lbs
6. Clean background check (CORI)

Hours: 15 per week (M-F 9am-12pm)

For more information  
contact Laura Garvin  
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