Elder Services of the Merrimack Valley- September Regular Menu 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Totals inclide: *Entrée, sides, dessert, fruit, bread, milk & margarine.* ***Sodium (Na):*** *Milligrams noted in parentheses* *Milk: 100 cal, 12 carbs and 110 mg sodium* *Margarine: 40 cal, 0 carbs and 50mg sodium* **High sodium item (>500mg)* *Shading = higher sodium meal (>1200mg)* **Menu Subject to Change Without Notice**			**1** Baked Chicken & Gravy (150) Mshd Potato(105) Carrot&Turnip(70) NG Bread (150) Diet Gelatin (10)	**2** Vegetarian Chili (335) Rice pilaf (225) Squash Blend (5) Cornbread (290) Fresh Fruit (5)
Cal / **Carb** / **Na**	**Cal** / **Carb** / **Na**	**Cal** / **Carb** / **Na**	**Cal** 520 / **Carb** 50 / **Na** 640	**Cal** 730 / **Carb** 110 / **Na** 1015
5 **Labor Day** **No Meal Service**	**6** Hot Dog(340) Pork Baked Beans(330) Chef's Veg (5) Hot Dog Roll(210) M.Oranges (5)	7 **Special:** Chicken Mirabella (285) Brown Rice (5) Carrots (70) Watermelon (5) White Brd (120)	**8** Beef Stew with Vegetables (145) Potatoes (5) Cauliflower (5) Biscuit (355) Pudding** (190)	**9** Macaroni n'cheese* (615) Topping (165) Spinach (110) Honey Roll (180) Mixed Fruit (5)
	Cal 670 / **Carb** 80 / **Na** 1050	**Cal** 725 / **Carb** 80 / **Na** 630	**Cal** 780 / **Carb** 95 / **Na** 860	**Cal** 740 / **Carb** 100 / **Na** 1170
12 Swedish Meatballs (240) Egg Noodles (5) Broccoli (15) D.Roll(180) Diet Gelatin(10)	**13** Chicken Parmesan*(720) Pasta (5) Capri Blend (15) Oat Bread (150) Mixed Fruit (5)	**14** Soy&Ginger Pork* (530) White Rice (5) Asian Veg (5) White Brd (120) Pineapple (5)	**15** Greek Pasta Salad (185) Marinated Veggie Salad (100) Roll (180) Bday Cake**(175)	**16** **Closed for Staff Appreciation** **No Meal Service**
Cal 640 / **Carb** 70 / **Na** 600	**Cal** 715 / **Carb** 95 / **Na** 835	**Cal** 595 / **Carb** 80 / **Na** 835	**Cal** 570 / **Carb** 85 / **Na** 800	
19 Chicken Drumstick (290) Msh Swt Pot(30) Peas (60) D.Roll(180) Yogurt (75)	20 Salmon with Dill Sauce (265) Rice Pilaf (90) B.Sprouts (15) WG Bread (150) Cookie (100)	21 Chicken & Broccoli Alfredo (420), Pasta (5) S.Squash(5) Oat Bread(150) Peaches(5)	22 Burger (200) Cheese (185) Potato Wedges() Mixed Veg (5) Burger Bun(230) M.Oranges (5)	23 Mini Ravioli w/Marinara*(570) Zucchini (5) Italian Brd (190) Fresh Fruit (5)
Cal 685 / **Carb** 95 / **Na** 785	**Cal** 670 / **Carb** 85 / **Na** 600	**Cal** 590 / **Carb** 85 / **Na** 735	**Cal** 800 / **Carb** 80 / **Na** 1030	**Cal** 500 / **Carb** 75 / **Na** 930
26 Sliced Pork & Gravy (100) Mshd Potato (5) Chef Veg (15) Oat Bread (150) Applesauce (15)	27 Chicken Caesar Salad*(565) Pasta Salad (130) Beet Salad (140) Bread Stick (230) Mixed Fruit (5)	28 Meatloaf & Gravy (185) Swt Potato (25) G.Beans (5) WW Roll (180) Fruit Loaf**(170)	29 Veggie Frittata w/cheese (180) Pot O'Brien (30) Corn (15) Italian Brd (190) Pudding**(170)	30 Breaded Fish (360) Butternut (5) CousCous (180) NG Bread (150) Fresh Fruit (5)
Cal 490 / **Carb** 55 / **Na** 530	**Cal** 1050 / **Carb** 90 / **Na** 1230	**Cal** 970 / **Carb** 115 / **Na** 720	**Cal** 630 / **Carb** 85 / **Na** 765	**Cal** 890 / **Carb** 125 / **Na** 850

For cancellations, please call: **978-686-1422** 24 hours in advance

$2.00 Voluntary Confidential Donation Requested Per Meal

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

September is National Better Breakfast Month

For many people breakfast is a low priority or not one at all. Eating a healthy breakfast can help you make healthier choices throughout the day, increase your physical activity, and decrease overindulging on convenience foods and overeating at lunch.

Oatmeal is…easy to prepare using a stovetop or microwave.
Oatmeal is…a great way to warm up on a cold fall morning.
Oatmeal is…high in fiber, which helps to lower cholesterol and keep you feeling full for longer.

Oatmeal is…a great breakfast choice.

How Can I Make Oatmeal Better?

Healthy additions help transform oatmeal into a nutritionally balanced meal. Try adding these suggestions to liven up your morning while adding protein, nutrients and flavor to your bowl. If you don't have fresh fruit on hand, substitute frozen, dried or canned in 100% juice.

Dairy/Dairy Substitute	Fruit	Dried Fruit	Spices	Protein
Plain yogurt Fruit Yogurt Rice Milk Almond Milk Soy milk Milk	Mangos Berries Bananas Peaches Apples Pears	Dates Prunes Cranberries Apricots Raisins Figs	Ginger Cinnamon Pumpkin Pie Allspice Clove Nutmeg	Chopped Nuts Sunflower seeds Pumpkin seeds Ground flaxseeds Nut/Seed butter Fresh Eggs (Crack & cook in oatmeal)

Instant oatmeal can be high in sugar & sodium and low in fiber. Choose plain, old fashioned oats for the maximum nutritional benefits. Be creative and enjoy!