

March 2024 Cardiac Menu – National Nutrition Month

Monday			Tuesday			Wednesday			Thursday			Friday		
Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis. *High sodium item (>500mg) Nutrition Questions? Please contact dietitian:Debra Davidson, MS, RDN LDN 978 281-1750 x 571 Menu Subject to Change Without Notice												1 Bean & Veg Stew* (570) Quinoa (5) LS WW Bread(0) Cookie (60)		
												Cal 740	Carb 100	Na 790
4 American Chop Suey (310) Zucchini (5) LS WW Bread(0) Mandarins (10)			5 Baked Fish (380) w/Breadcrumbs Couscous (5)  Br. Sprouts (15) LS WW Bread(0) Cookie (60)			6 Honey Garlic Chicken (235) Brown Rice (25) Capri Veg (15) LS WW Bread(0) Fresh Fruit (5)			7 Pork& Gravy(405) Msh Potatoes(110) Carrots(45) LS WW Bread (0) Applesauce (15)			8 Broccoli Egg Bake (440) Rstd Potatoes (5) Fruit Loaf (170) Yogurt (75) Juice (0)		
Cal 580	Carb 75	Na 505	Cal 620	Carb 85	Na 620	Cal 710	Carb 95	Na 455	Cal 680	Carb 65	Na 745	Cal 950	Carb 120	Na 800
11 Sweet & Sour Meatballs (250) Fried Rice(150) Veg Blend (25) LS WW Bread(0) Pudding (190)			12 Chicken Piccata* (530) WW Pasta (5) Green Beans (5) LS WW Bread(0) Mandarins (10)			13 Special: Beef & Cabbage(240) Carrot & Turnip(65) Potatoes(5) LS WW Brd(0) Pears (5)			14 BBQ Pulled Pork* (530) Swt Potatoes(55) Cauliflower(15) LS WW brd(0)) Chilled Fruit (5)			15 Lentils(w/ Butternut(65) Brown Rice(5) LS WW Brd(0) Orange (0)		
Cal 685	Carb 80	Na 790	Cal 570	Carb 75	Na 720	Cal 915	Carb 75	Na 655	Cal 560	Carb 75	Na 740	Cal 645	Carb 115	Na 240
18 Breaded Cken w/Gravy*(570) Sweet Potato(25) Gr.Beans(5) LS WW Brd(0) Applesauce (15)			19 Ravioli w/ Marinara* (510) Zucchini (10) LS WW Brd(0) Mandarins (10)			20 Brown Sugar Pork (290) B-nut Squash (15) Garden Salad (35) LS WW Brd(0) Bread Pudding (190)			21 Salisbury Steak w/mushroom(485) Mshd Potato (110) Mixed Veg (55) LS WW Brd(0) Chilled Fruit (5)			22 Garlic & Herb Salmon (170)  Brown Rice (25) Br. Sprouts (15) LS WW Brd(0) Gelatin (65)		
Cal 640	Carb 90	Na 790	Cal 610	Carb 85	Na 710	Cal 1107	Carb 117	Na 710	Cal 700	Carb 90	Na 825	Cal 750	Carb 85	Na 450
25 Pot Roast*(565) Beets (140) Scalloped Potato (165) LS WW Bread (0) Pineapple (5)			26Hamburger(340) Brown Rice (5) Coleslaw(45) Roll (250)			27 Turkey Cobb Salad(590) Corn Salad (85) Ls WW Bread(0) Yogurt (75) Juice (0)			28 Chicken Pot Pie*(570) Rst Potatoes (110) LS WW Brd(0) Fruit (101)			29 Spinach*(510) Alfredo Lasagna Zucchini (10) LS WW Brd(0) Fresh Fruit (5)		
Cal 595	Carb 70	Na 770	Cal 745	Carb 85	Na 785	Cal 605	Carb 100	Na 745	Cal 695	Carb 85	Na 765	Cal 645	Carb 85	Na 725

To cancel a meal, please call 978-281-1750 before 10 AM day before.

A \$2.00 confidential is suggested per meal.



BEYOND THE TABLE

NATIONAL NUTRITION MONTH® 2024

Did you know that food production is responsible for nearly one-third of total greenhouse gas (GHG) emissions and uses a massive amount of energy? This National Nutrition Month let's move Beyond the Table by learning more about the food supply chain and its opportunities to be more sustainable. **Show your support by making healthy and sustainable food decisions with your fork and wallet.** By choosing healthy, sustainable food, you are affecting the direction of our food system by influencing the bottom line of farmers, food companies, and retailers.

PRODUCTION. Farmers grow crops and raise livestock. Sustainable farming practices: no-till or reduced-till, cover crops, crop rotation, crop diversity, livestock integration, agroforestry, water conservation, integrative pest management, and nutrient management

PROCESSING. Raw products from farms undergo initial processing such as cleaning, sorting, and packaging. Food manufacturing combines and transforms ingredients into various food products through processing, cooking, and packaging. Food manufacturing relies mostly on non-renewable energy sources. Sustainable manufacturing solutions: reducing GHG, using renewable energy, saving water, decreasing food waste, and using more sustainable packaging

DISTRIBUTION. Processed food products are transported from manufacturing facilities to distribution centers or directly to retailers, which has a sizeable impact on GHG emissions and energy usage because food is often shipped long distances and needs to be climate controlled. Greener distribution solutions: optimizing transportation routes using data analytics & technology, improving the efficiency of cold storage & transportation, and sourcing ingredients locally

RETAIL. Food products are made available to consumers through grocery stores, supermarkets, or other retail outlets and may be distributed to restaurants, cafes, and other food service establishments. Sustainable retail solutions: food waste reduction strategies, energy-efficient lighting, heating & cooling systems, and product sourcing from sustainable & ethical suppliers

KITCHEN. Every kitchen has an environmental opportunity to reduce food waste, which releases methane (a more potent GHG than carbon) as it decomposes. Food waste solutions: proper meal planning, purchasing smaller quantities, using most of the produce when cooking, and composting and food donations when food waste does occur

TABLE. What's on your plate impacts the environment too. Where it came from, what it is, and the season make a difference. Healthy, sustainable diet solutions: choose whole foods versus processed foods, eat smaller portions, reduce meat & dairy consumption, replace animal-based foods with plant-based foods, choose local foods, and eat seasonally

Sources: https://rus.umn.edu/sites/default/files/2023-10/Food%20Systems_CS01-06.pdf, <https://www.nifa.usda.gov/grants/programs/sustainable-agriculture-programs>, <https://www.usda.gov/foodwaste/facts#~:text=In%20the%20United%20States%2C%20food,percent%20of%20the%20food%20supply>, <https://www.eatright.org/food/planning/food-security-and-sustainability/sustainable-eating-1>, <https://www.wri.org/research/shifting-diets-sustainable-food-future>, <https://www.nature.com/articles/s43016-021-00225-9>
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