




Cambridge COA JUNE 2024 Lunch Menu

SCES Nutrition Department 617-628-2601, www.eldercare.org. Suggested, voluntary donation of \$3.00 per meal.

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY											
sodium mg			sodium mg			sodium mg			sodium mg			sodium mg											
3	Beef Stroganoff	180	4	Stewed Chicken		5	Cold Plate Special		6	Tuscan White Fish	355	7											
	Egg Noodles	5		Rice			Thai Noodle Salad	467		Mashed Potatoes	160												
	Brussel Sprouts	23		Spinach			With Chicken & Cole Slaw			Broccoli	6												
	Wheat Bread	65		Garlic Bread			Wheat Roll	135		Wheat Bread	65												
	Pudding	135		Fruit			Banana Pudding	121		Fruit	0												
<i>Cals: 706; Carb:84gm; Sod:563mg</i>						<i>Cals:733; Carb110gm; Sod:878mg</i>			<i>Cals:678; Carb:89gm; Sod:741mg</i>														
10	*Honey Mustard Turkey	517	11	Baked Pork Cutlet Sandwich		12	Meatloaf with Gravy	490	13	*Crispy Chicken	520	14											
	Orzo	2		Green Salad			Mashed Potatoes	160		Black Eyed Peas	164												
	Mixed vegetables	24		Corn Cakes			Green Peas	6		Collard Green & Corn	35												
	White Dinner Roll	250		Fruit			Hawaiian Roll	80		Cornbread Loaf	180												
	Fruit Muffin	150					Pudding	130		Cookie	70												
<i>Cals:798; Carb: 105gm; Sod:1098</i>						<i>Cals:670; Carb:80gm; Sod:1021</i>			<i>Cals: 840;Carb:94gm; Sod.1124mg</i>														
17	*Hot Dog	540	18	Burritos de Machaca		19	Juneteenth Holiday		20	Cheese Ravioli	360	21											
	Baked Beans	140		Plantains			No Lunch			Lemon Ricotta Cheese Sauce	98												
	Carrots	30		Mango Salsa with Greens						Brussels Sprouts	23												
	Hot Dog Roll	85		Tortilla						Fruit	260												
	Fruit	0		Churros							0												
<i>Cals:890; Carb:110 gm; Sod.:1035</i>									<i>Cal: 758; Carb:91gm; Sodium: 896</i>														
24	Beef Teriyaki	395	25	BBQ Shrimp		26	*Sausage Abruzzi	550	27	Cheeseburger	300	28											
	White Rice	25		Squash			Bowtie Pasta	0		Sweet Potato Wedges	200												
	Corn & Peppers	6		Quinoa			Green Beans & Peppers	6		Vegetable Medley	24												
	Wheat Roll	135		Wheat Roll			Cornbread	180		Hamburger Bun	80												
	Fruit	0		Cookies			Cinnamon Apple Slices	30		Fruit	0												
<i>Cals:707; Carb: 94gm; Sod:716mg</i>						<i>Cals:767; Carb:80gm; Sod:891mg</i>			<i>Cals:808; Carb:98gm; Sod.: 844mg</i>														
																		<p>Lunch is served Monday-Thursday, 11:30am -12:15pm. To reserve or cancel a meal reservation, call 617-349-6047 two days in advance please.</p>					

Lunches are for participants 60 years or older, their spouses and dependents with disabilities are welcome. A confidential, voluntary donation of \$3.00 per meal is suggested.

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Nutrition Tips for Healthy Living! JUNE 2024

Keeping Cool and Safe in the Summer Heat



Nutrition Guidelines for Menu:

Meals provide 1/3 the daily recommended dietary allowance.

- Regular, no added salt (NAS) menu.
- Calories range 700-800 calories per meal.
- Total fat content no more than 30%/Cals.
- Total Calories and Sodium for each meal is provided on menu.
- Meals are “No Added Salt” regular menus.
- Meals do not exceed 1200mg sodium per meal, unless noted.
- Entrée over 500mg sodium marked with asterisk (*), high sodium meals marked.
- Sodium totals include milk, crackers, and condiments where applicable.

For menus and more nutrition services visit www.eldercare.org

Purchase Ensure® nutrition drink from SCES

Ensure® \$29.00/case of 24
 Ensure® Plus \$31.00/case of 24
 Glucerna® Diabetic \$40.00/24

Flavor Choices:
 Strawberry, Vanilla, Chocolate

Call Community Service Center at
 617-628-2601
 Delivery options available.

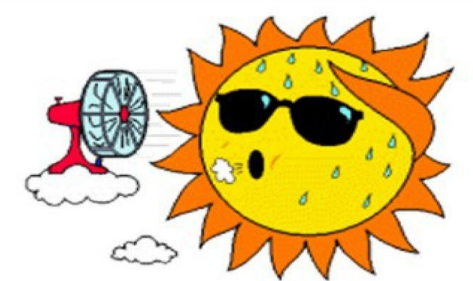


Keeping Cool and Safe in the Summer Heat

Summer brings sunshine and warm days, but also very hot weather, such as when over 80F. Older adults are more prone to heat related illnesses due to chronic medical conditions, age-related physical changes in the body, and certain medications for example. It is important to take steps to keep cool and hydrated to prevent serious health problems due to hot temperature days.

Ways to help stay safe on hot days:

1. Avoid direct sun exposure. Plan errands early in the morning, or when the sun starts to set. Check the weather ahead of time, and plan errands on cooler days.
2. Keep hydrated! Drink plenty of fluids throughout the day such as water and clear juices. Limit or avoid alcohol and caffeinated beverages which increases urination.
3. Stay in air-conditioned areas, indoors. If you do not have an air conditioner, try senior centers, malls, libraries, movie theatre, or local cooling centers.
4. Dress appropriately. Loose, light-colored clothing, lightweight wide brimmed hat. Avoid dark clothing.
5. Wear sunscreen to avoid sunburn. Look for ones with UVB/UVA protection, with 15 SPF or higher.
6. Be aware of signs of heat related illnesses from conditions such as heat stroke, heat fatigue, heat syncope (dizziness), heat exhaustion. Some common signs:
 - Increase in body temperature
 - Change in mental status, confusion
 - Rapid pulse
 - Lack of sweating, flushed skin
 - Feeling faint, staggering
 - Call 911 if you suspect a heat related illness.



Sources: www.healthinaging.org; www.healthinaging.org