



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
2 Holiday Labor Day No Lunches	3 *Macaroni & Cheese 804 Carrots 30 Wheat Bread 65 Fruit 0 <i>Cals:1008; Carb:111gm; Sod.:1034mg</i>	4 *Salisbury Steak & 650 Gravy 25 White Rice 46 Mixed Vegetables 135 Wheat Roll 0 Fruit <i>Cals 695; Carb:88gm;Sod.:991mg</i>	5 Oven Fried Chicken 250 Sweet Potato Wedges 150 California Mix Vegetables 34 Cornbread 180 Cookie 150 <i>Cals 1073; Carb:130gm; Sod:899mg</i>	6
9 Cheese Ravioli 190 With Turkey Bolognese 200 Broccoli 6 Breadstick 260 Cinnamon Apples 10 <i>Cal:740;Carb:87gm; Sodium:801mg</i>	10 Eggplant Bolognese (w/Beef) Spinach Pasta Garlic Bread Fruit <i>Cals:940;Carb:115gm; Sod:729mg</i>	11 Rosemary Garlic 175 Chicken 124 Mashed Potatoes 50 Mixed Vegetables 65 Wheat Bread 180 Fig Bars <i>Cals:793; Carb:100gm; Sod.505mg</i>	12 White Fish with 105 Peach Mango Salsa Rice Pilaf 50 Green Beans & Red Peppers 20 Wheat Bread 65 Chocolate Pudding 130 <i>Cals:793; Carb:100gm; Sod.505mg</i>	13
16 *Hot Dog 540 Baked Beans 140 Carrots 30 Roll 85 Fruit 0 <i>Cals:870;Carb:110gm;Sod: 1015mg</i>	17 Msakhan Roasted Chicken Flat Bread Salad Cookies <i>Cal: 765;Carb:95gm; Sodium:453mg</i>	18 Herb Crusted Fish 425 Mashed Potatoes 124 Green Peas 20 Wheat Roll 150 Fruit 0 <i>Cals: 783; Carb:105gm; Sod:939mg</i>	19 Thai Curry Beef 205 White Rice 25 Brussel Spouts 23 Wheat Bread 65 Fruit 0 <i>Cals:718; Carb; 98gm; Sod.:794mg</i>	20
23 * BBQ Pulled Pork 600 Cheesy Grits 75 California Mix Vegetables 34 Cornbread 180 Fruit 0 <i>Cals:763; Carb: 99gm; Sod:1024mg</i>	24 Shrimp Boil (w/Sausage) Potatoes Corn and Kale Wheat Roll Cake <i>Cals:682; Carb: 80gm; Sod:1049mg</i>	25 American Chop Suey 280 Green Beans 20 Wheat Bread 65 Fruit 0 <i>Cals:756; Carb:89gm; Sod:501mg</i>	26 Roast Turkey & Gravy 400 Mashed Potatoes 124 Mix Vegetables 50 Wheat Bread 65 Fruit 0 <i>Cals:718; Carb; 98gm; Sod.:794mg</i>	27
30 *Chicken Alfredo 635 Whole Grain Pasta 0 Broccoli 24 Dinner Roll 250 Mixed Fruit 5 <i>Cals:682; Carb: 80gm; Sod:1049mg</i>				

Meals 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! September 2024

NEW: Weekly 5-Pack of Meals Delivered to You!

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Somerville Cambridge Elder Services is introducing a new weekly food delivery option, a package containing a variety of 5 frozen meals, catered by City Fresh Foods of Boston. These will be delivered right to your home for your convenience!

Choose a day of the week that you prefer, and they will be delivered right to your door. They will include 5 meals, plus milk, bread and desserts. Sample menus:

Meal Heating Instructions

- **Do NOT use toaster oven to reheat home delivered meals.**
- Keep meals refrigerator until ready to eat.
- **Conventional Oven** – Set oven at 350F. Place meal on cookie sheet, bake for 15-20 minutes maximum.
- **Microwave** - Peel back plastic film to vent steam, reheat for 2 to 3 minutes. Stir for even cooking. Microwave oven times will vary.
- Reheat meals until reach an internal temperature of 165F.
- Do not leave out in room temperature for more than 2 hours.
- Consume or discard refrigerated meal within 48/hrs.

Menu Nutrition Description:

- Meals provide one-third the daily recommended dietary allowance.
- ✓ Regular, no added salt (NAS) menu.
 - ✓ Calories range 700-800 calories/meal.
 - ✓ Total fat no more than 30%/Cals.
 - ✓ Meals do not exceed 1200mg sodium per meal, unless noted high sodium.
 - ✓ Entrée over 500mg sodium marked with asterisk (*).
 - ✓ Sodium totals include milk (135mg), margarine (30mg).

For menu options and nutrition information visit www.eldercare.org

Purchase Ensure® from SCES

Ensure® \$29.00/case of 24 drinks
Ensure® Plus \$31.00/case of 24 drinks
Glucerna Diabetic \$40.00/case of 24
Flavors: Strawberry, Vanilla, Chocolate.
Call Community Support Services at 617-628-2601. Delivery options are available

Week 1

Unstuffed Beef Pepper Bowl, Rice, Corn & Peppers
Shrimp Alfredo, Pasta, Green Beans
Hot Dog, Baked Beans, Carrots
Roast Turkey & Gravy, Mashed Potatoes, Green Peas
Chef Special – Weekly Rotating Entrée

Week 2

Lemon Ricotta Parmesan Ravioli, Zucchini Squash
BBQ Chicken, Mac & Cheese, Green Beans w/ Red Peppers
Crispy Chicken, Black Eyed Peas, Beets & Greens
Potato Pollock, Mashed Sweet Potatoes, Mixed Vegetables
Chef Special – Weekly Rotating Entrée

Week 3

Beef Teriyaki, White Rice, Carrots
Cheese Lasagna with Turkey Bolognese, Zucchini
Stewed Chicken Drumstick, Polenta, California Vegetables
Meatloaf w/ Gravy, Mashed Sweet Potatoes, Broccoli
Chef Special – Weekly Rotating Entrée

Week 4

Salmon w/ Lemon Wedge, Rice Pilaf, Garlic Kale
Turkey Meatballs & Marinara, Pasta, Green Beans
Cheeseburger, Corn & Peppers, Vegetable Medley
Hawaiian Chicken, Sweet Rice, California Vegetables
Chef Special – Weekly Rotating Entrée

Please call 617-628-2601 and say that you are interested in receiving meals to learn more.