


JANUARY 2025

Cambridge Senior Center, 806 Mass Ave

61 Medford St, Somerville, 617-628-2601, www.eldercare.org. Suggested, voluntary donation of \$3.00 per meal.

MONDAY	sodium mg	TUESDAY	sodium mg	WEDNESDAY	sodium mg	THURSDAY	sodium mg	FRIDAY	sodium mg
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.				1 New Year Holiday		2 Turkey Chili with Sweet Potatoes & Cheese 372 California Mix Vegetables 96 Wheat Roll 34 Cinnamon Apples 150 764 Cals; Carbs 80 gm; 790 mg Sodium		3	
6 American Chop Suey 270 Broccoli & Red Peppers 29 Wheat Roll 150 Pudding 130 738 Cals; Carbs 81 gm; 715 mg Sodium.		7 *Pot Roast with Gravy 584 Mashed Sweet Potatoes 42 California Mix Vegetables 34 Wheat Bread 65 Applesauce 2 660 Cals; Carbs 94 gm; 862 mg Sodium		8 Chicken Noodle Casserole 397 Egg Noodles 7 Carrots 56 Wheat Roll 150 Fruit 0 784 Cals; Carbs 89 gm; 745 mg Sodium		9 Chicken & Cheese 225 Tortellini/Pesto Cream Sauce 260 Green Beans & Red Peppers 20 Dinner Roll 150 Mandarin Oranges 5 839 Cals; Carbs 82 gm; 795 mg Sodium		10	
13 *Teriyaki Meatballs 602 White Rice 25 Brussel Sprouts 26 Hawaiian Roll 80 Cinnamon Apples 3 695 Cals; Carbs 91 gm; 871 mg Sodium		14 Broccoli Cheddar 410 Stuffed Chicken 22 Mashed Potatoes 65 Hawaiian Roll 80 Pudding 130 736 Cals; Carbs 87 gm; 842 mg Sodium		15 *Creamy Cajun Shrimp 534 Whole Grain Pasta 4 Corn with Peppers 21 Wheat Bread 65 Cinnamon Apples 3 676 Cals; Carbs 91 gm; 762 mg Sodium		16 Beef, Peppers & Onions 154 White Rice 25 Carrots 56 Wheat Roll 150 Banana 1 839 Cals; Carbs 82 gm; 795 mg Sodium		17	
20 Martin Luther King Jr. Holiday		21 Apple Chutney Pork Chop 85 Butternut Squash 3 Broccoli 29 Dinner Roll 150 Applesauce 2 742 Cals; Carbs 89 gm; 404 mg Sodium		22 Chinese New Year Lunch Celebration!		23 Rosemary Garlic Chicken 143 Mashed Potatoes 25 Vegetable Medley 55 Pound cake 240 928 Cals; Carbs 98 gm; 931 mg Sodium		24	
27 Honey Jerk Chicken Thigh 383 Vegetable Couscous 26 Zucchini & Red Peppers 20 Wheat Roll 150 Applesauce 2 702 Cals; Carbs 79 gm; 716 mg Sodium		28 *Salisbury Steak & Gravy 650 Mashed Potatoes 24 Mixed Root Vegetables 65 Wheat Bread 65 Pear 0 680 Cals; Carbs 94 gm; 939 mg Sodium		29 *Chicken Pasta Alfredo 610 Broccoli 29 Hawaiian Roll 80 Banana 1 732 Cals; Carbs 90 gm; 859 mg Sodium		30 Beef Stroganoff 185 Egg Noodles 5 Brussel Sprouts 26 Wheat Roll 150 Cinnamon Crumb Cake 190 897 Cals; Carbs 113 gm; 691mg Sodium		31	

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 -