

DECEMBER 2024

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		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY											
		sodium mg		sodium mg		sodium mg		sodium mg											
2	*Cheese Lasagna Green Beans w/Red Peppers Hawaiian Roll Fruit	705 20 80 0		3	*Meat Loaf w/Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Shortbread Cookie	546 124 51 65 150		4	Pulled Pork Tacos Mexican Rice Black Beans, Corn & Peppers Mini Tortillas Fruit	319 71 61 270 0		5	Chicken Anna Maria Roasted Potatoes Spinach & Peppers Wheat Bread Pudding	270 85 65 65 130		6			
<i>Cals:644; Carb:81gm; Sod.: 940mg</i>				<i>Cals:842; Carb:99gm; Sod.: 1071mg</i>				<i>Cals:760; Carb:114gm; Sod.: 856mg</i>				<i>Cals:791; Carb:82gm; Sod.: 750mg</i>							
9	Beef w/ Peppers & onions Mashed Potatoes Carrots Dinner Roll Fruit	155 124 56 150 0		10	Lei's Menu Nasi Goreng Ayam- Fried Rice with Chicken Cucumber and Tomato Wheat Roll Cookie			11	*Meatball Marinara & Parm Whole Grain Pasta Brussel Sprouts & Carrots Garlic Bread Fruit	635 4 41 235 0		12	Turkey Chili with Sweet Potatoes & Cheese California Blend Vegetables Whole Grain Cornbread Fruit	372 96 54 180 0		13			
<i>Cals:675; Carb:89gm; Sod.: 620mg</i>								<i>Cals:737; Carb:92gm; Sod: 1050mg</i>				<i>Cals:864; Carb:92gm; Sod.: 837mg</i>							
16	Hawaiian Chicken w/Pineapples Sweet Rice Carrots Wheat Bread/Fruit	238 38 56 65		17	Potato Pollock Vegetable Rice Pilaf Green Peas Wheat Roll Pudding	290 50 20 150 130		18	Stuffed Shells with Turkey Bolognese & Parmesan Mixed Vegetables Wheat Roll Mixed Fruit	230 309 56 150 0		19	*Pineapple Raisin Ham Mashed Sweet Potatoes Broccoli Wheat Roll Cinnamon Swirl	754 141 29 150 105		20			
<i>Cals:814; Carb:111gm; Sod.: 534mg</i>				<i>Cals:864; Carb:107gm; Sod.: 875mg</i>				<i>Cals:678; Carb:65gm; Sod: 880mg</i>				<i>Cal:898; Carb:132g;*High Sod: 1314mg</i>							
23	Beef Stew Cornbread Loaf Kale & Peppers Fruit	330 180 29 0		24	Center Closed			25	Holiday- No Meal Delivery 			26	Shepherd's Pie (Beef) w/ Mashed Potatoes Corn & Peas Whole Grain Biscuit Fruit	302 124 370 0		27			
<i>Cals:741; Carb:75gm; Sod: 674mg</i>												<i>Cal:827; Carb; 98gm; Sod: 931mg</i>							
30	Stuffed Pepper Bowl with Ground Beef White Rice Carrots Wheat Roll Mixed Fruit	276 25 56 150 5		31	Homemade Fried Chicken Black Eyed Peas Green Beans w/ Red Peppers Hawaiian Roll Chocolate Swirl	186 141 20 80 105										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.			
<i>Cals:799; Carb:71gm; Sod: 647mg</i>				<i>Cals:1044; Carb:120gm; Sod: 667mg</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! DECEMBER 2024

Adding Festive Flavors to Your Holidays



Seasonal spices like cinnamon, nutmeg, cloves, and ginger can transform simple dishes into festive holiday treats while also providing a variety of health benefits!

- **Cinnamon:** Cinnamon has been shown to help regulate blood sugar levels, support heart health, lower cholesterol, and prevent blood clots.
- **Nutmeg:** Nutmeg may help reduce inflammation, ease pain from arthritis and sore muscles, promote relaxation, boost focus, and support liver and kidney health.
- **Cloves:** Cloves provide anti-inflammatory benefits, help alleviate GI symptoms such as vomiting, diarrhea, gas, and stomach aches, and may even help prevent colds.
- **Ginger:** Ginger helps alleviate nausea and digestive discomfort, boost circulation, provide a warming effect, and offer antibacterial and antifungal properties.

Note: Talk to your doctor before increasing consumption of these due to their possible interaction with certain medications, such as ginger and blood clotting medications.

Easy Ways to Enjoy Holiday Spices:

- **Spiced Oatmeal:** Add a pinch of cinnamon or nutmeg to your morning oatmeal and top it with a handful of raisins or diced apples.
- **Flavored Drinks:** Make your own spiced tea by adding a cinnamon stick and cloves to hot water, or sprinkle a dash of cinnamon & nutmeg into your coffee or hot chocolate.
- **Holiday Yogurt Parfait:** Mix cinnamon and nutmeg into plain or vanilla yogurt. Add some fruit and granola for toppings.
- **Spiced Applesauce:** Stir a dash of ginger and cinnamon into store-bought applesauce.
- **Gourmet Popcorn:** Sprinkle cinnamon and a bit of ginger over freshly popped popcorn for a lightly sweet snack.
- **Holiday Veggies:** Roast carrots or sweet potatoes with a touch of cinnamon, nutmeg, or ginger for a festive twist on savory dishes.
- **Baked Apples:** Core an apple, sprinkle it with cinnamon, and bake it until tender. Add a small drizzle of honey or a few chopped nuts for toppings.

Source: [Piedmont Health: The Healthiest Winter Spices](#)

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