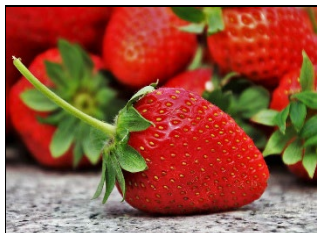


May 2026 Manning Apts Menu

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

| MONDAY <small>sodium mg</small> | TUESDAY <small>sodium mg</small> | WEDNESDAY <small>sodium mg</small> | THURSDAY <small>sodium mg</small> | FRIDAY <small>sodium mg</small> |
|--|---|--|---|---|
| <p>Missed Meal Policy If you miss your meal, we will call you, your emergency contacts, doctor, and hospital to find out if you are okay. If we still cannot locate you, we will request the police department to come to your home to do a safety check.</p> |  |  |  | <p>1 Cheesy Chicken Casserole 554 Seasoned Rice - Green Peas 20 Dinner Roll 100 Orange 0</p> <p><i>925 Cals; Carbs 95 gm; 809 mg Sodium</i></p> |
| <p>4 Beef w/Onions & Pepper 130 White Rice 25 Mixed Vegetables 50 Dinner Roll 100 Cinnamon Apples 3</p> <p><i>813 Cals; Carbs 85 gm; 443 mg Sodium</i></p> | <p>5 Powerhouse Turkey Chili 268 w/ Shredded cheese 96 Green Beans & Red Peppers 21 Cornbread Bowl 160 Chocolate Pudding 135</p> <p><i>803 Cals; Carbs 85 gm; 815 mg Sodium</i></p> | <p>6 Seafood Cajun Pasta 500 Whole Grain Pasta 4 Green Peas 20 Wheat Bread 65 Orange 1</p> <p><i>743 Cals; Carbs 96 gm; 725 mg Sodium</i></p> | <p>7 Mother's Day Special Chicken & Sundried Tomatoes 365 Orzo 4 Broccoli 38 Wheat Roll 150 Lemon White Choc. Cookie 100</p> <p><i>656 Cals; Carbs 86 gm; 792 mg Sodium</i></p> | <p>8 BBQ Pulled Pork 350 Butternut Squash 12 Vegetable Medley 54 Dinner Roll 100 Pear 2</p> <p><i>791 Cals; Carbs 117 gm; 653 mg Sodium</i></p> |
| <p>11 Hamburger 230 Potato Wedges 20 California Blend Vegetables 34 Wheat Hamburger Bun 75 Fruit Cup 5</p> <p><i>678 Cals; Carbs 86 gm; 993 mg Sodium</i></p> | <p>12 Cheese Ravioli with 200 Beef Bolognese & Parmesan 295 Brussel Sprouts 26 Wheat Roll 150 Fig Newton 180</p> <p><i>871 Cals; Carbs 107 gm; 986 mg Sodium</i></p> | <p>13 Stewed Tomato Chicken 213 White Rice 25 Carrots 56 Whole Grain Cornbread 180 Orange 0</p> <p><i>808 Cals; Carbs 90 gm; 609 mg Sodium</i></p> | <p>14 Torta di Polenta (Pork&Beef) 493 Polenta w/ Cheese - Kale & Peppers 29 Hawaiian Roll 80 Apple 1</p> <p><i>852 Cals; Carbs 78 gm; 738 mg Sodium</i></p> | <p>15 Honey Glazed Salmon 85 Roasted Sweet Potatoes 21 California Blend Vegetables 34 Wheat Roll 150 Shortbread Cookie 150</p> <p><i>768 Cals; Carbs 91 gm; 575 mg Sodium</i></p> |
| <p>18 Egg, Cheese & 656 Broccoli Bake - Wheat Roll 150 Mixed Vegetables - Apple 51 1</p> <p><i>818 Cals; Carbs 68 gm; 993 mg Sodium</i></p> | <p>19 Beef Stew 140 Whole Grain Buttermilk Biscuit 370 Green Peas & Red Peppers 72 Pear 2</p> <p><i>780 Cals; Carbs 88 gm; 719 mg Sodium</i></p> | <p>20 Creamy Turkey & 375 Spinach Casserole - w/ Orzo 4 Broccoli 38 Cornbread Loaf 180 Oatmeal Cookie 90</p> <p><i>832 Cals; Carbs 82 gm; 822mg Sodium</i></p> | <p>21 Holiday Meal BBQ Chicken Sandwich 360 Sweet Potato Fries 150 Zucchini & Red Peppers 19 Wheat Sandwich Bun 75 Pound Cake 240</p> <p><i>850 Cals; Carbs 106 gm; 949 mg Sodium</i></p> | <p>22 Cheese Lasagna 390 w/ Marinara Sauce & 315 Mozzarella - Mixed Vegetables 51 Dinner Roll 100 Orange 0</p> <p><i>701 Cals; Carbs 94 gm; 991 mg Sodium</i></p> |
| <p>26 Memorial Day Holiday No Meal Delivery</p> | <p>27 Tuscan Chicken 403 Rice Pilaf 50 California Blend Vegetables 34 Wheat Roll 150 Apple 1</p> <p><i>813 Cals; Carbs 93gm; 773mg Sodium</i></p> | <p>27 Pot Roast & Gravy 585 Mashed Potatoes 23 Brussel Sprouts 26 Cornbread Loaf 180 Vanilla Pudding 135</p> <p><i>707 Cals; Carbs 85gm; 1084mg Sodium</i></p> | <p>28 Hot Dog (Beef) 540 Baked Beans 140 Carrots 56 Wheat Hot Dog Bun 85 Orange 1</p> <p><i>870 Cals; Carbs 101gm; 1037mg Sod</i></p> | <p>29 Chicken Alfredo 610 Whole Grain Pasta 4 Broccoli 38 Wheat Roll 150 Chocolate Chip Cookie 80</p> <p><i>756 Cals; Carbs 83gm; 1017mg Sod</i></p> |

Please call to cancel a meal by 10:00 am, the business day before, to help prevent food waste and costs, call SCES Nutrition Department at 617-628-2601.
Total nutrient amounts include milk, margarine, and condiments. MENU SUBJECT TO CHANGE WITHOUT NOTICE



Nutrition Tips for Healthy Living! May 2026 Older American's Month and Plant Based Eating!

HAPPY OLDER AMERICAN'S MONTH!



Why plant-based eating?

Plant-Based (or Plant-Forward) eating emphasizes meals centered around fruits, vegetables, whole grains, and non-animal protein sources. Whether you decide to eat vegetarian or just to include more plant-based meals throughout the week, there are many options and variations to meet your individual needs and preference. These tips can help get you started.

1. Eating a variety of colorful fruits and vegetables, such as dark green leafy vegetables, red, orange, and blue/purple choices.
2. Including whole-grain bread, pasta, rice, cereals, crackers, and other grains.
3. For non-animal protein, having peas, beans, nuts/nut butters, seeds, soy products, non-dairy alternatives for milk, cheese, and yogurt.
4. If you choose, you may also include eggs, dairy, and seafood depending on your preference.

Plant-based foods tend to be less processed, lower in sodium, and saturated fat, and higher in vitamins, minerals, antioxidants, and fiber which can benefit your day-to-day health in a big way! Such as helping:

- Control Type II Diabetes
- Reduce the risk of cardiovascular disease
- Lower Blood Pressure and risk of stroke
- Improve Cholesterol
- Weight Management

Plant-Based Tracker Activity:

Track how many times you have a plant-based meal this month below! (Check the box and show your Case Manager!)

| | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|



Meal Heating Instructions

Do NOT use the toaster oven to reheat home delivered meals.

Keep meals in the refrigerator until ready to eat.
Do not leave out in room temperature for more than 2 hours.
Consume or discard a refrigerated meal within 48/hrs.

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 they reach an internal temperature of 165F.

Menu Nutrition Guidelines:

Meals provide one-third the daily recommended intake for older adults.

- Regular diet, no added salt (NAS).
- Calories range from 700-800 calories/meal.
- Total fat no more than 30%/Cals.
- Average sodium per meal 700-900mg for whole meal including side components.
- Entrée over 500mg sodium marked with asterisk (*).
- Sodium totals include milk (105mg), margarine (30mg).

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

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