

MAY 2026 Somerville Senior Centers

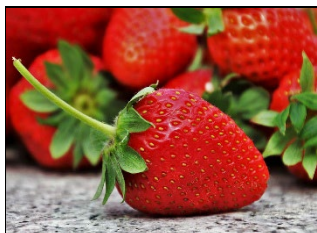
SCES 617-628-2601, www.eldercare.org

Suggested, voluntary donation of \$3.00 per meal

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY
sodium mg	sodium mg	sodium mg	sodium mg	sodium mg
<p>Please call 617-625-6600, ext. 2323 in advance to reserve or cancel a lunch reservation. Seating is limited and we may reach capacity. Meals are free for older adults 60 or older. Donations are appreciated.</p> <p>Ralph Jenny Senior Center, 9 New Washington St, (Hot lunch Tuesdays) Holland St Senior Center, 167 Holland St, (Hot lunch Thursdays)</p>				
<p>4 *Turkey & Cheese 530 Wheat Hamburger Bun 75 Sweet Potato & Craisins 34 Beet Salad 92 Orange 2</p> <p><i>780 Cals; Carbs 94 gm; 893mg 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>Cold Choice: Honey Mustard Chicken</p>	<p>6</p>	<p>7 Mother's Day Special Chicken & Sundried 365 Tomatoes Orzo 4 Broccoli 38 Wheat Roll 150 Lemon White Choc. Cookie 100 Cold Choice: Roast Beef & Cheese</p>	<p>8</p>
<p>11 Curried Chicken Salad 156 Croissant 190 Artichoke, Feta, Couscous 142 Pea Salad 189 Fig Newton</p> <p><i>1055 Cals; Carbs 16 gm; 962mg Sodium</i></p>	<p>12 Cheese Ravioli with 200 Beef Bolognese & Parmesan 295 Brussel Sprouts 26 Wheat Roll 150 Fig Newton 180</p> <p>Cold Choice: Buffalo Chicken</p>	<p>13</p>	<p>14 Torta di Polenta 493 (Pork & Beef) - Polenta w/ Cheese 29 Kale & Peppers 80 Hawaiian Roll 1 Apple Cold Choice: Greek Pasta Salad</p>	<p>15</p>
<p>18 Roast Beef & Cheese 280 Wheat Bread 130 Corn & Red Pepper Salad 7 Butternut Squash & 90 Cranberry Couscous - Pear 2</p> <p><i>909 Cals; 138g Carbs; 669mg Sodium</i></p>	<p>19 Beef Stew 140 Whole Grain Buttermilk Biscuit 370 Green Peas & Red Peppers 72 Pear 2</p> <p>Cold Choice: Turkey & Swiss</p>	<p>20</p>	<p>21 Portuguese Lunch Kale Soup Chicken (Frango No Churrasco) Rice Pilaf Tossed Garden Salad Flan Cold Choice: Caprese Pasta Salad</p>	<p>22</p>
<p>25 Memorial Day Holiday No Meal Delivery – Closed</p>	<p>27 Tuscan Chicken 403 Rice Pilaf 50 California Blend Vegetables 34 Wheat Roll 150 Apple 1</p> <p>Cold Choice: Ham & Swiss</p>	<p>27</p>	<p>28 Hot Dog (Beef) 540 Baked Beans 140 Carrots 56 Wheat Hot Dog Bun 85 Orange 1</p> <p>Cold Choice: Turkey & Provolone</p>	<p>29</p>

Meals are free for participants 60 years or older, their spouses and dependent with disabilities are welcome. A confidential, voluntary donation of \$3.00 per meal is suggested. Reservations required call 617-625-6600, ext. 2323 Total nutrient amount listed include content of milk, butter, and condiments.

MENU SUBJECT TO CHANGE



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

HAPPY OLDER AMERICAN'S MONTH!



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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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 is 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"/>
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