

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY											
<p>*To find out if MEALS or BROWN BAG is cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789</p>		<p>1</p>  <p>No Meals Served Today</p>		<p>2 Mixed Bean Spinach Soup</p>		<p>3 Chicken Vegetable Soup</p>		<p>4</p>											
				<p>Hot Salmon Lemon Dill Sauce Mashed Potatoes Mix Vegetables Oat Bread</p>	<p>Cold Egg Salad Rye Bread Carrot Raisin Salad Lo Mein Pasta Salad</p>	<p>Hot Swedish Meatballs Egg Noodles Green Beans Wheat Roll</p>	<p>Cold Seafood Salad Multigrain Bread Garden Pasta Salad Spinach Mandarin Orange Salad</p>	<p>Hot Veggie Cheeseburger/Bun Italian Roasted Potatoes Cole Slaw</p>	<p>Cold Turkey Chef Salad Italian Pasta Salad Wheat Dinner Roll</p>	<p>Fresh Fruit</p>		<p>Vanilla Pudding/DB: Diet Vanilla Pudding</p>		<p>Pears</p>					
<p>7</p>		<p>8 Split Pea Soup</p>		<p>9</p>  <p>Winter Special Escarole & Bean Soup Italian Pot Roast Garlic Mashed Potatoes Candied Carrots & Parsnips Snowflake Dinner Roll Cupcake</p>		<p>10 Italian Garden Soup</p>		<p>11 Chicken Noodle Soup</p>											
<p>Hot Crumb Topped Macaroni & Cheese Stewed Tomatoes Oat Bread</p>	<p>Cold Tuna Salad Multigrain Bread Potato Salad Cucumber Feta Onion Salad</p>	<p>Hot Breaded Fish Sticks w/Newburg Sauce Herbed Brown Rice Kale Rye Bread</p>	<p>Cold Chicken Pesto Caesar Salad English Pea Salad Whole Wheat Roll</p>			<p>Hot Spinach, Pepper, Mushroom Quiche Potatoes O'Brien Garden Salad Whole Wheat Roll</p>	<p>Cold Ham & Swiss Multigrain Bread Cauliflower Carrot Salad Potato Salad</p>	<p>Hot Chicken Broccoli Penne Alfredo Italian Green Beans Wheat Bread</p>	<p>Cold Egg Salad Oatmeal Bread Lo Mein Pasta Salad Cole Slaw</p>	<p>Fresh Fruit</p>		<p>Pears</p>		<p>Peaches</p>		<p>Lemon Pudding/DB: Diet Lemon Pudding</p>			
<p>14 Clam Chowder</p>		<p>15 Broccoli Cheese Soup</p>		<p>16 Vegetable Barley Soup</p>		<p>17 Cream of Butternut Squash</p>		<p>18 Vegetable Rice Soup</p>											
<p>Hot Potato Crunch Fish Spinach Alfredo Sweet Potatoes Peas & Onions Oatmeal Bread</p>	<p>Cold Curry Chicken Salad Wheat Bread SW Bean Salad Carrot Pineapple Salad</p>	<p>Hot Roast Turkey w/Gravy Cranberry Sauce Stuffing Green Beans & Red Peppers Multigrain Bread</p>	<p>Cold Egg Salad Pumpkin Bread Italian Pasta Salad Broccoli Slaw</p>	<p>Hot Stuffed Shells Chicken Meatball Broccoli & Cauliflower Scali Bread</p>	<p>Cold Roast Beef & Provolone Oat Bread Root Vegetable Salad Summer Potato Salad</p>	<p>Hot Cranberry Chicken Red Bliss Potatoes Dilled Carrots Wheat Bread</p>	<p>Cold Tuna Salad Rye Bread Garden Shell Pasta Salad Beet Salad</p>	<p>Hot Meatloaf w/Gravy Mashed Potatoes Scandinavian Vegetable Blend Rye Bread</p>	<p>Cold Turkey & Swiss Multigrain Bread Balsamic Pasta Salad Zucchini Salad</p>	<p>Chocolate Chip Cookie/DB: Lorna Doones</p>		<p>Fresh Fruit</p>		<p>Pears</p>		<p>Mixed Fruit</p>		<p>Pumpkin Pudding/DB: Diet Pudding</p>	
<p>21 Martin Luther King Jr. Day</p>		<p>22 Chicken Vegetable Ditalini Soup</p>		<p>23 Mushroom Barley Soup</p>		<p>24 Split Pea Soup</p>		<p>25</p>											
 <p>No Meals Served Today</p>		<p>Hot Chicken a l'Orange Butternut Squash Spinach & Mushrooms Wheat Bread</p>	<p>Cold Tuna Salad Wheat Bread Summer Squash Salad Greek Pasta Salad</p>	<p>Hot Baked Haddock Broccoli Cheese Sauce Mashed Potatoes Riviera Blend Veg. Rye Bread</p>	<p>Cold Turkey Chef Salad English Pea Salad Multigrain Bread</p>	<p>Hot American Chop Suey Collard Greens & Onions Scali Bread</p>	<p>Cold Seafood Salad Scali Bread Italian Pasta Salad Riviera Salad</p>	<p>Hot White Bean & Kale Stew Herbed Brown Rice Dinner Roll</p>	<p>Cold Roast Beef & American Cheese Rye Bread Potato Salad Garden Salad</p>	<p>Birthday Cake/DB: Unfrosted Cake</p>									
		<p>Fresh Fruit</p>		<p>Pears</p>		<p>Fruited Yogurt/DB: Diet Chocolate Pudding</p>		<p>Peaches</p>		<p>Did you know you may purchase Ensure® nutrition drink supplement through SCES? Ensure® \$21.00/case of 24 Ensure® Plus \$25.00/case of 24 Glucerna Diabetic \$36.00/case of 24 Call the nutrition office at 617-628-2601 for more information.</p>									
<p>28 Cream of Mushroom Soup</p>		<p>29</p>		<p>30 Minestrone Soup</p>		<p>31</p>													
<p>Hot Chicken Marsala Noodles Broccoli Wheat Bread</p>	<p>Cold Egg Salad Wheat Bread Potato Salad Squash, Zucchini, Red Onion Salad</p>	<p>Hot Beef Stew Corn Spinach Mandarin Salad Whole Wheat Roll</p>	<p>Cold Tuna Salad Oat Bread Macaroni Salad Broccoli Slaw</p>	<p>Hot Fish w/Lemon Dill Mashed Potatoes Scandinavian Blend Multigrain Bread</p>	<p>Cold Roast Beef & Swiss Rye Bread English Pea Salad Root Vegetable Salad</p>	<p>Hot Hot Dog on Roll Baked Beans Cole Slaw</p>	<p>Cold Vegetarian Chef Salad Balsamic Vinaigrette Pasta Salad Dinner Roll</p>	<p>Fresh Fruit</p>		<p>Blueberry Snack Loaf/DB: Lorna Doones</p>		<p>Chocolate Pudding/DB: Diet Choc. Pudding</p>		<p>Peaches</p>					

Diabetic Dessert option available upon request. Please place meal reservations by noon the day before. Menu subject to change without notice.

We appreciate your feedback, for menu comments or suggestions email us at: dietitian@eldercare.org. For nutrition information on the menus, SEE MENUS POSTED or visit www.eldercare.org.

SODIUM/CALORIE INFORMATION for HOT Menu January 2019

Nutrition Program 617-628-2601 www.eldercare.org/ Suggested Contribution \$2.00 Per Meal

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4			
7		8		9		10		11	
14		15		16		17		18	
21		22		23		24		25	
28		29		30		31		<p>Menu Guidelines: Calories, 700-800 calories per meal. Total fat content no more than 30% of cal. Sodium content (mg) is listed. No more than 1200mg sodium per whole meal unless noted, (*) indicates higher sodium menu item. Sodium totals include Milk (107mg) and Crackers (47mg) For nutrition information on the menus, visit www.eldercare.org.</p>	



Nutrition Tips for Healthy Living! JANUARY 2019

Eating Healthier on a Budget this New Year

Happy New Year! New Year is a great time make healthy life style goals. If eating healthier this year is one of your goals, here are some tips and ideas to help you do that without spending a lot of money.

Three main tips to get started:

1. Planning before you shop. Make a list and plan meals for the week based on what you have available and sale items.
2. Purchasing items at the best price. Check local newspapers or online for sales and coupons. Compare unit prices to determine which items is the best deal. This compares similar items and prices per weight or volume.
3. Preparing meals that stretch your food dollars, like stews, soups, casseroles that can be used for leftovers or frozen for later use. Include foods like leftovers or vegetables that need to be used up soon!



Tips to Eat Healthier on a Budget this New Year

- ❖ Shop the perimeter aisles of the supermarket for fresh, healthier food items like fruits and vegetables, seafood, meat and poultry, and dairy items. The middle aisles tend to have more pre-packaged, processed, higher sodium foods. Get your whole grain breads, cereals and grains in the middle aisles.
- ❖ Purchase fruits and vegetables in season, and only the enough for a week at a time to prevent it from going bad. Frozen fruits and vegetables are also a good option for low cost, variety, and prevent food waste.
- ❖ Enjoy lower cost protein foods. Protein foods like beef and pork tend to be pricey, but there are many other low cost, healthy protein sources. Beans, peas, legumes are an excellent source of protein, fiber, iron, B vitamins, versatile and low cost. Rinse canned beans to remove some salt, and add to soups, casserole, salads, and side dishes. Here are some more protein examples:
 - 1 cup of milk: 8 grams of protein
 - 1 cup of dried beans: 16 grams of protein
 - 2 tablespoons of peanut butter: 8 grams of protein
 - 2 slices of whole grain bread: 8 grams of protein
 - 1 ounce of walnuts: 4 grams of protein
 - 1/2 cup of cottage cheese: 16 grams of protein
 - 1 cup of tofu: 16 grams of protein
 - 5 ounces of Greek yogurt: 15 grams of protein

