




Meals on Wheels HOT Menu January 2019

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

***To find out if MEALS or BROWN BAG is cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789**

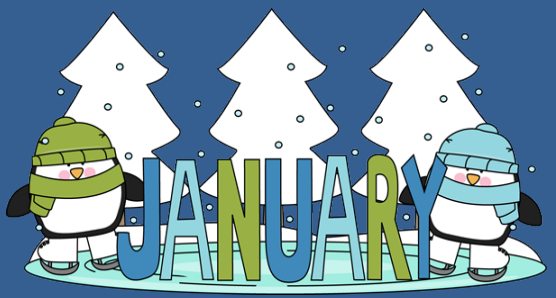


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		 <p>No Meals Delivered Today</p>		2		3		4	
				Salmon w/Lemon Dill Sauce 447mg Mashed Potatoes 68mg Mix Vegetables 40 mg Oat Bread 121 mg Fresh Fruit 1 mg Total Cals:707 Total Sodium: 815mg		Chicken Vegetable Soup 81mg Swedish Meatballs 239mg Egg Noodles 40mg Green Beans 3mg Wheat Roll 132mg Vanilla Pudding 177mg Total Cals: 981 Total Sodium: 866mg		Veggie Cheeseburger 480mg Hamburger Bun 215mg Italian Roasted Potatoes 4mg Cole Slaw 45mg Pears 5mg Total Cals: 739 Total Sodium: 1122mg	
7		8		9		10		11	
*Crumb Topped Macaroni & Cheese 548 mg Stewed Tomatoes 251 mg Oat Bread 121 mg Fresh Fruit 0 mg Total Cals:798 Total Sodium: 1058mg		Split Pea Soup 47mg Breaded Fish 233mg Newburg Sauce 124 mg Herbed Brown Rice 4 mg Kale 26 mg Rye Bread 150 mg Pears 5 mg Total Cals:710 Total Sodium: 784mg		Winter Special Italian Pot Roast (346mg) Garlic Mashed Potatoes (53mg) Candied Carrots & Parsnips (56mg) Snowflake Dinner Roll (132mg) Cupcake (170mg) Total Cals: 976 Total Sodium: 895mg		Italian Garden Soup 142mg Spinach, Pepper, Mushroom Quiche 257 mg Potatoes O'Brien 32 mg Garden Salad 169 mg Whole Wheat Roll 132 mg Peaches 5 mg Total Cals: 745 Total Sodium: 931mg		*Chicken Broccoli Penne Alfredo 669 mg Italian Green Beans 3 mg Wheat Bread 127 mg Lemon Pudding 177 mg Total Cals: 743 Total Sodium: 1115mg	
14		15		16		17		18	
Potato Crunch Fish 337 mg Spinach Alfredo Sauce 167 mg Sweet Potatoes 27 mg Peas & Onions 75 mg Oatmeal Bread 121 mg Chocolate Chip Cookie 66 mg Total Cals: 864 Total Sodium: 930mg		Broccoli Cheese Soup 218mg Roast Turkey w/Gravy 459 mg Cranberry Sauce 4 mg Stuffing 330 mg Green Beans & Red Peppers 4 mg Multigrain Bread 75 mg Fresh Fruit 0 mg High Sodium Meal Total Cals: 787 Total Sodium: 1285mg		*Stuffed Shells 544 Chicken Meatball 63 Broccoli & Cauliflower 14 Scali Bread 123 Pears 5 Total Cals: 574 Total Sodium: 886mg		Butternut Squash Soup 101mg Cranberry Chicken 351 mg Red Bliss Potatoes 8 mg Dilled Carrots 81 mg Wheat Bread 127 mg Mixed Fruit 3 mg Total Cals: 830 Total Sodium: 865mg		Meatloaf w/Gravy 162 mg Mashed Potatoes 68 mg Scandinavian Vegetable Blend 41 mg Rye Bread 150 mg Pumpkin Pudding 167 mg Total Cals: 936 Total Sodium: 801mg	
21		22		23		24		25	
Martin Luther King Jr. Day  <p>No Meals Served Today</p>		Chicken a l'Orange 327 mg Butternut Squash 26 mg Spinach & Mushrooms 160 mg Wheat Bread 127 mg Fresh Fruit 0 mg Total Cals: 557 Total Sodium: 779mg		Haddock w/ Broccoli Cheese 450 mg Mashed Potatoes 68 mg Riviera Blend Veg. 6 mg Rye Bread 150 mg Fruited Yogurt 80 mg Total Cals: 744 Total Sodium: 892mg		Split Pea Soup 47mg American Chop Suey 320 mg Collard Greens & Onions 53 mg Scali Bread 123 mg Peaches 5 mg Total Cals: 1034 Total Sodium: 741mg		White Bean & Kale Stew 260 mg Herbed Brown Rice 4 mg Dinner Roll 132 mg Chocolate Birthday Cupcake 170 mg Total Cals: 837 Total Sodium: 724mg	
28		29		30		31		Menu Guidelines: Calories, 700-800 calories per meal. Total fat content no more than 30% of cals. Sodium information (mg) provided. No more than 1200mg sodium per whole meal unless noted, (*) indicates higher sodium menu item. Sodium totals include Milk (107mg), butter (56mg) and Crackers (47mg)	
Vegetable Soup 440mg *Chicken Marsala 426 mg Noodles 40 mg Broccoli 12 mg Wheat Bread 127 mg Fresh Fruit 1 mg High Sodium Meal Total Cals: 833 Total Sodium: 1241mg		Beef Stew 325 mg Corn 1 mg Spinach Mandarin Salad 206 mg Whole Wheat Roll 132 mg Blueberry Snack Loaf 160 mg Total Cals: 756 Total Sodium: 963mg		Fish w/Lemon Dill Sauce 114 mg Mashed Potatoes 68 mg Scandinavian Blend 41 mg Multigrain Bread 75 mg Chocolate Pudding 177 mg Total Cals: 777 Total Sodium: 637mg		*Hot Dog on Roll 713 mg Baked Beans 140 mg Cole Slaw 45 mg Peaches 5 mg High Sodium Meal Total Cals: 746 Total Sodium: 1277mg			

Please call to cancel meals 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, visit www.eldercare.org

Meals on Wheels COLD Menu January 2019

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

*To find out if MEALS or BROWN BAG is cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		 No Meals served Today		2 Chili 380mg		3		4	
				Egg Salad 136 mg Rye Bread 300 mg Applesauce 0 mg		Seafood Salad 228 mg Multigrain Bread 198 mg Garden Shell Pasta Salad 201 mg Spinach Mandarin Orange Salad 206 mg Fig Bars 99 mg		Turkey Chef Salad 447 mg Italian Pasta Salad 138 mg Wheat Dinner Roll 132 mg Fresh Fruit 0 mg	
Total Cals: 691 Total Sodium: 980mg		Total Cals: 1058 Total Sodium: 1040mg		Total Cals: 846 Total Sodium: 855mg		7		8	
Tuna Salad 241 mg Multigrain Bread 198 mg Potato Salad 100 mg Cucumber Feta Onion Salad 80 mg Tropical Fruit 0 mg		*Chicken Pesto Caesar Salad 652 mg English Pea Salad 156 mg Whole Wheat Roll 132 mg Fresh Fruit 0 mg		Seafood Salad 228 mg Rye Bread 300 mg Tri Color Pasta Salad 59 mg Squash, Onions & Zucchini Salad 105 mg Ginger Snaps		*Ham & Swiss 523 mg Multigrain Bread 198 mg Cauliflower Carrot Salad 96 mg Potato Salad 65 mg Diet Tapioca Pudding 127 mg		Tomato Soup 375mg Egg Salad 136 mg Oatmeal Bread 241 mg Applesauce 0 mg	
Total Cals: 655 Total Sodium: 735mg		Total Cals: 734 Total Sodium: 1078mg		Total Cals: 989 Total Sodium: 806mg		Total Cals: 692 Total Sodium: 1154mg		Total Cals: 571 Total Sodium: 916mg	
14		15		16		17		18	
Curry Chicken Salad 72 mg Wheat Bread 254 mg SW Bean Salad 294 mg Carrot Pineapple Salad 97 mg Fresh Fruit 0 mg		Egg Salad 136 mg Pumpernickel Bread 353 mg Italian Pasta Salad 138 mg Broccoli Slaw 145 mg Fig Bars 99 mg		Roast Beef & Provolone 349 Oat Bread 241 Root Vegetable Salad 86 Summer Potato Salad 65 Diet Chocolate Pudding 127		Tuna Salad 241 mg Rye Bread 300 mg Garden Shell Pasta Salad 201 mg Beet Salad 143 mg Applesauce 0 mg		Vegetable Chili Soup 380mg Turkey & Swiss 408 mg Multigrain Bread 198 mg Mandarin Oranges 7 mg	
Total Cals: 702 Total Sodium: 825mg		Total Cals: 797 Total Sodium: 979mg		Total Cals: 738 Total Sodium: 1013mg		Total Cals: 722 Total Sodium: 992mg		Total Cals: 768 Total Sodium: 1160mg	
21 Martin Luther King Jr. Day		22		23		24		25	
 No Meals Served Today		Tuna Salad 241 mg Wheat Bread 254 mg Summer Squash Salad 42 mg Greek Pasta Salad 188 mg Mandarin Oranges 7 mg		Turkey Chef Salad 447 mg Multigrain Bread 99 mg Fresh Fruit 0 mg		Seafood Salad 228 mg Scali Bread 245 mg Italian Pasta Salad 138 mg Riviera Salad 92 mg Diet Vanilla Pudding 127 mg		Roast Beef & American Cheese 417 mg Rye Bread 300 mg Potato Salad 17 mg Garden Salad 169 mg Tropical Mixed Fruit 8 mg	
Total Cals: 655 Total Sodium: 839mg		Total Cals: 712 Total Sodium: 1180mg		Total Cals: 993 Total Sodium: 971mg		Total Cals: 736 Total Sodium: 1021mg			
28		29		30		31		Menu Guidelines:	
Egg Salad 136 mg Wheat Bread 254 mg Potato Salad 100 mg Squash, Zucchini, Onion 6 mg Diet Pistachio Pudding 161 mg		Minestrone Soup 440mg Tuna Salad 241 mg Oat Bread 241 mg Vanilla Wafers 160 mg		Roast Beef & Swiss 246 mg Rye Bread 300 mg English Pea Salad 156 mg Root Vegetable Salad 86 mg Peaches 5 mg		*Vegetarian Chef Salad 555 mg Balsamic Vinaigrette Pasta Salad 14 mg Dinner Roll 132 mg Tropical Mixed Fruit 8 mg		Calories, 700-800 calories per meal. Total fat no more than 30% of cals. Sodium information (mg) provided. No more than 1200mg sodium per whole meal unless noted, (*) indicates higher sodium menu item. Sodium totals include Milk (107mg), butter (56mg) and Crackers (47mg)	
Total Cals: 710 Total Sodium: 765mg		Total Cals: 617 Total Sodium: 1151mg		Total Cals: 610 Total Sodium: 956mg		Total Cals: 679 Total Sodium: 848mg			

Please call to cancel meals 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, visit www.eldercare.org



Nutrition Tips for Healthy Living! JANUARY 2019

Eating Healthier on a Budget this New Year

Happy New Year! New Year is a great time to 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 item 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 amount 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, casseroles, 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

