




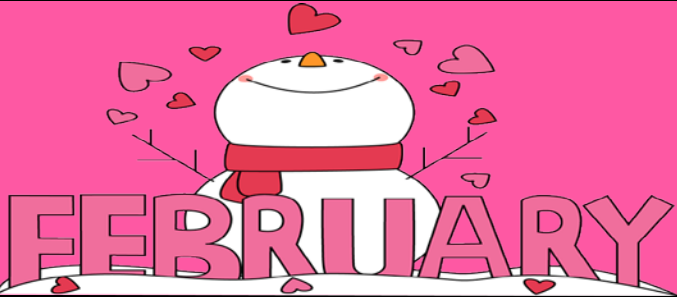







MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MEAL CANCELLATIONS *If MEALS or BROWN BAG is cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789.								1 Chicken Vegetable Soup	
4 Mushroom Barley Soup		5 Oriental Vegetable Soup		6 Beef Vegetable Soup		7 Minestrone Soup		8	
Hot Creole Fish Rice & Beans Collard Greens & Onions Mini Corn Bread	Cold Egg Salad Wheat Bread English Pea Salad Cucumber, Feta, Onion Salad	Hot Chicken Lo Mein Oriental Vegetable Blend Oatmeal Bread	Cold Seafood Salad Multigrain Bread Tricolor Pasta Salad Spinach Mandarin High Sodium Meal	Hot American Chop Suey Italian Green Beans Wheat Bread	Cold Garden Salad w/Chicken Ranch Dressing Macaroni Salad Wheat Roll	Hot Broccoli Mushroom Quiche Red Bliss Potatoes Peas & Carrots Rye Bread	Cold Roast Beef & Provolone Wheat Bread Corn Salad Tomato & Peppers	Hot *Lentil Stew Herbed Brown Rice Garden Salad Wheat Bread	Cold Turkey & Swiss Oatmeal Bread Summer Potato Salad Broccoli Slaw
Vanilla Pudding/DB: Diet Vanilla Pudding		Pineapples/DB: Diet Pineapples		Fresh Fruit		Chocolate Chip Cookie/DB: Van. Wafers		Mixed Fruit	
11 Beef Barley Soup		12		13 Cream of Butternut Squash		14 Valentine's Day Special		15	
Hot Swedish Meatballs Egg Noodles Green Beans Multigrain Bread	Cold Tuna Salad Oat Bread Balsamic Pasta Sal. Cauliflower Carrot Salad	Hot Beef Stew Corn Garden Salad Whole Wheat Roll	Cold Egg Salad Rye Bread Potato Salad Summer Squash Salad	Hot Salmon Boat Lemon Dill Sauce Sweet Potatoes Peas & Mushrooms Oat Bread	Cold Chicken Salad Wheat Bread Broccoli, Feta, Orzo Salad Beet Salad	Tomato Basil Soup/Crackers *Chicken Cordon Bleu Roasted Potatoes Jardinière Vegetable Blend Garlic Dinner Roll Raspberry Chocolate Chips Mousse		Hot *Crumb Topped Macaroni & Cheese Stewed Tomatoes Rye Bread	Cold Roast Beef & Swiss Multigrain Bread Greek Pasta Salad Cole Slaw
Blueberry Snack Loaf/DB: Lorna Doones		Fresh Fruit		Pineapples				Mandarin Oranges	
18		19 Kale Pasta Soup		20 Split Pea Soup		21 Chicken Vegetable Soup		22 Lentil Spinach Soup	
 No Meals Served Today		Hot *Greek Chicken Rice Pilaf Zucchini & Cauliflower Oatmeal Bread	Cold Egg Salad Wheat Bread Potato Salad Riviera Salad	Hot Fish Sticks/Tartar Sauce Red Bliss Potatoes Kale Wheat Bread	Cold Turkey Chef Salad English Pea Salad Wheat Dinner Roll	Hot Tortellini w/Spinach Alfredo Sauce Green Beans Multigrain Bread	Cold Curry Chicken Sal. Oatmeal Bread Corn Salad Squash, Zucchini, Red Onion Salad	Hot Beef Stuffed Pepper Carrots Whole Wheat Roll	Cold Seafood Salad Multigrain Bread Balsamic Pasta Salad Cole Slaw
		Peaches		Chocolate Pudding/DB: Diet Pudding		Birthday Cake/DB: Unfrosted Cake		Pears	
25 Italian Garden Vegetable Soup		26 Seafood Chowder		27 Escarole & Bean Soup		28		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.	
Hot *Stuffed Shells Chicken Meatball Zucchini & Cauliflower Multigrain Bread	Cold Turkey & Provolone Oatmeal Bread Potato Salad Tomato & Peppers	Hot Broccoli Cheese Fish Orzo, Rice & Peas Country Style Blend Oatmeal Bread	Cold Chicken Salad Bulky Roll Black Bean Salad Carrot Pineapple Salad	Hot Roast Turkey/Gravy Mashed Potatoes Carrots Cranberry Sauce Multigrain Bread	Cold Roast Beef & Swiss Wheat Bread Broc, Feta w/Orzo Cucumber Dill Sal. High Sodium Meal	Hot *Hot Dog on Roll Baked Beans Cole Slaw High Sodium Meal	Cold Egg Salad Rye Bread English Pea Salad Garden Salad		
Ambrosia Pudding/DB: Diet Ambrosia		Fresh Fruit		Oatmeal Raisin Cookie/DB: Vanilla Wafers		Pears			

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, email us at: dietitian@eldercare.org. For nutrition information on the menus, SEE MENUS POSTED or visit www.eldercare.org

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MEAL CANCELLATIONS *If MEALS or BROWN BAG is cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789						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.		1 Chicken Vegetable Soup 97mg Vegetable Lasagna 370 Chicken Meatball 63 Tuscan Vegetables 47 Scali Bread 120 Apple Cranberry Compote 3 Total Cals: 704 Total Sodium: 1044mg	
4 Mushroom Barley Soup 146mg	5 Oriental Vegetable Soup 406mg	6 Beef Vegetable Soup 144mg	7 Minestrone Soup 239mg	8					
Creole Fish 204 Rice & Beans 78 Collard Greens & Onions 53 Mini Corn Bread 291 Vanilla Pudding 177 Total Cals: 1045 Total Sodium: 1144mg	Chicken Lo Mein 448 Oriental Vegetable Blend 9 Oatmeal Bread 121 Pineapples 1 Total Cals: 671 Total Sodium: 1180mg	American Chop Suey 320 Italian Green Beans 3 Wheat Bread 127 Fresh Fruit 0 Total Cals: 1111 Total Sodium: 897mg	Broccoli Mushroom Quiche 357 Red Bliss Potatoes 8 Peas & Carrots 82 Rye Bread 150 Chocolate Chip Cookie 60 Total Cals: 865 Total Sodium: 1091mg	*Lentil Stew 570 Herbed Brown Rice 4 Garden Salad 169 Wheat Bread 127 Mixed Fruit 10 Total Cals: 683 Total Sodium: 1018mg					
11 Beef Barley Soup 240mg	12	13 Cream of Butternut Squash 101mg	14 Valentine's Day Special		15				
Swedish Meatballs 239 Egg Noodles 40 Green Beans 3 Multigrain Bread 75 Blueberry Snack Loaf 160 Total Cals: 1016 Total Sodium: 951mg	Beef Stew 325 Corn 1 Garden Salad 169 Whole Wheat Roll 132 Fresh Fruit 0 Total Cals: 641 Total Sodium: 765mg	Salmon Boat 210 Lemon Dill Sauce 41 Sweet Potatoes 27 Peas & Mushrooms 136 Oat Bread 121 Pineapples 1 Total Cals: 753 Total Sodium: 830mg	Tomato Basil Soup 153 *Chicken Cordon Bleu 698 Roasted Potatoes 4 Jardinière Vegetable Blend 32 Garlic Dinner Roll 134 Raspberry Mousse w/Choc. Chips 1 High Sodium Meal Total Cals: 952 Total Sodium: 1305mg		*Crumb Topped Macaroni & Cheese 548 Stewed Tomatoes 251 Rye Bread 150 Mandarin Oranges 7 Total Cals: 794 Total Sodium: 1094mg				
20	19 Kale Pasta Soup 42mg	20 Split Pea Soup 47mg	21 Chicken Vegetable Soup 81mg	22 Lentil Spinach Soup 139mg					
 No Meals Served Today		*Greek Chicken 616 Rice Pilaf 99 Zucchini & Cauliflower 6 Oatmeal Bread 121 Peaches 5 Total Cals: 723 Total Sodium: 1082mg	Pollock Crunch Sticks 190 Red Bliss Potatoes 8 Kale 26 Wheat Bread 254 Chocolate Pudding 177 Total Cals: 875 Total Sodium: 894mg	Tortellini w/Spinach Alfredo 448 Sauce 3 Green Beans 99 Multigrain Bread 99 Birthday Cake 95 Total Cals: 791 Total Sodium: 920mg	Beef Stuffed Pepper 189 Carrots 64 Whole Wheat Roll 132 Pears 5 Total Cals: 607 Total Sodium: 873mg				
25 Italian Garden Veg. Soup	26 Seafood Chowder 162mg	27 Escarole & Bean Soup 145mg	28	Menu Guidelines:					
*Stuffed Shells 544 Chicken Meatball 70 Zucchini & Cauliflower 6 Multigrain Bread 75 Ambrosia Pudding 3 Total Cals: 745 Total Sodium: 1035mg	Fish w/Broccoli Cheese Sauce 450 Orzo, Rice & Peas 95 Country Style Blend 40 Oatmeal Bread 121 Fresh Fruit 0 Total Cals: 875 Total Sodium: 1062mg	Roast Turkey & Gravy 459 Mashed Potatoes 68 Carrots 77 Cranberry Sauce 4 Multigrain Bread 75 Oatmeal Raisin Cookie 75 Total Cals: 737 Total Sodium: 1097mg	*Hot Dog on Roll 763 Baked Beans 140 Cole Slaw 45 Pears 5 High Sodium Meal Total Cals: 752 Total Sodium: 1277mg		Calories, 700-800 calories per meal. Total fat content no more than 30%/cals. 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)				

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MEAL CANCELLATIONS *If MEALS or BROWN BAG is cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789								1 Chicken Vegetable Soup 97mg Chicken Salad 70 Wheat Bread 254 Tomato Zucchini Salad 60 Italian Pasta Salad 138 Apple Cranberry Compote 3 Total Cals: 925 Total Sodium: 785mg	
4 Mushroom Barley Soup 146mg		5 Oriental Vegetable Soup 406mg		6 Beef Vegetable Soup 144mg		7 Minestrone Soup 239mg		8	
Egg Salad 136 Wheat Bread 254 English Pea Salad 156 Cucumber, Feta, Onion Salad 80 Vanilla Pudding 177		Seafood Salad 228 Multigrain Bread 198 Tricolor Pasta Salad 59 Spinach Mandarin Salad 206 Pineapples 1		Garden Salad w/Chicken 489 Macaroni Salad 138 Wheat Roll 132 Fresh Fruit 0		Roast Beef & Provolone 349 Wheat Bread 254 Corn Salad 189 Tomato Red Pepper 5 Chocolate Chip Cookie 60		Turkey & Swiss 333 Oatmeal Bread 241 Summer Potato Salad 65 Broccoli Slaw 145 Mixed Fruit 10	
Total Cals: 898 Total Sodium: 1114mg		High Sodium Meal Total Cals: 990 Total Sodium: 1263mg		Total Cals: 792 Total Sodium: 990mg		Total Cals: 886 Total Sodium: 1137mg		Total Cals: 692 Total Sodium: 905mg	
11 Beef Barley Soup 240mg		12		13 Cream of Butternut Squash 101mg		14		15	
Tuna Salad 241 Oat Bread 241 Balsamic Pasta Salad 14 Cauliflower Carrot Salad 96 Blueberry Snack Loaf 160		Egg Salad 136 Rye Bread 300 Potato Salad 100 Summer Squash Salad 42 Fresh Fruit 0		Chicken Salad 75 Wheat Bread 254 Broccoli, Feta, Orzo Salad 221 Beet Salad 143 Pineapples 1				Roast Beef & Swiss 246 Multigrain Bread 150 Greek Pasta Salad 188 Cole Slaw 45 Mandarin Oranges 7	
Total Cals: 965 Total Sodium: 1157mg		Total Cals: 743 Total Sodium: 685mg		Total Cals: 794 Total Sodium: 959mg				Total Cals: 721 Total Sodium: 747mg	
20		19 Kale Pasta Soup 42mg		20 Split Pea Soup 47mg		21 Chicken Vegetable Soup 81mg		22 Lentil Spinach Soup 139mg	
 No Meals Served Today		Egg Salad 136 Wheat Bread 254 Potato Salad 100 Riviera Salad 92 Peaches 5		Turkey Chef Salad 447 English Pea Salad 156 Wheat Dinner Roll 132 Chocolate Pudding 177		Curry Chicken Salad 72 Oatmeal Bread 121 Corn Salad 189 Squash, Zucchini, Red Onion Salad 6 Birthday Cake 95		Seafood Salad 228 Multigrain Bread 198 Balsamic Pasta Salad 14 Cole Slaw 45 Pears 5	
		Total Cals: 740 Total Sodium: 793mg		Total Cals: 967 Total Sodium: 1154mg		Total Cals: 820 Total Sodium: 727mg		Total Cals: 1042 Total Sodium: 793mg	
25 Italian Garden Veg. Soup 142mg		26 Seafood Chowder 162mg		27 Escarole & Bean Soup 145mg		28		Menu Guidelines:	
Turkey & Provolone 436 Oatmeal Bread 242 Potato Salad 17 Tomato Red Pepper Salad 5 Ambrosia Pudding 3		Chicken Salad 75 Bulky Roll 310 SW Black Bean Salad 294 Carrot Pineapple Salad 97 Fresh Fruit 0		*Roast Beef & Swiss 246 Wheat Bread 254 Broccoli, Feta, Orzo Salad 221 Cucumber Dill Salad 51 Oatmeal Raisin Cookie 75		Egg Salad 136 Rye Bread 300 English Pea Salad 156 Garden Salad 169 Pears 5		Calories, 700-800 calories per meal. Total fat content no more than 30% of cals. Listed is the sodium (mg) per item. No more than 1200mg sodium per whole meal unless noted, (*) indicates higher sodium menu item. Sodium totals include Milk (107mg) and Crackers (47mg)	
Total Cals: 891 Total Sodium: 891mg		Total Cals: 945 Total Sodium: 1102mg		High Sodium Meal Total Cals: 744 Total Sodium: 1211mg		Total Cals: 611 Total Sodium: 873mg			



Nutrition Tips for Healthy Living! FEBRUARY 2019

Tips for Choosing Heart Healthy Fats

Eating foods healthful for your heart can help to reduce unhealthy blood cholesterol levels, manage high blood pressure, and lower your risk for heart disease.

To follow a heart healthy diet:

- Eat a diet rich in whole grains and fiber. Choose whole grain breads with at least 2gm/fiber per slice, cereals with at least 5gm fiber/serving, whole grain pastas, grains, rice; “whole” first ingredient.
- Include a variety of colorful fruits and vegetables each day, at least 5 servings total of produce a day, especially those rich in antioxidants such as blueberries, cantaloupe, broccoli, greens, carrots, avocados.
- Achieve and maintain a healthy weight. Even a small percent of weight loss, 5-7%, can have many health benefits.
- Enjoy foods in their natural, whole forms instead of processed canned, boxed, frozen meals that tend to be high in sodium. Look on nutrition fact label for foods with no more than 20% daily value of sodium per serving.
- Limit refined, processed carbohydrates and other sugary foods, sweets, sodas, juices, cookies, crackers, candy, baked goods.
- Drink alcohol in moderation, if you choose to do so: one serving/day for woman, and two servings/day for men is recommended. One serving is equal to one 12oz beer, 5oz wine, or 1.5oz spirits.
- Choose foods low in saturated, trans-fat, and cholesterol.

Source: Academy of Nutrition and Dietetics

What are saturated fats?

Saturated fats are mainly found in animal protein foods sources like whole fat dairy, cheese, fatty marbled beef and pork, poultry skin, butter, coconut and palm oils. They are the biggest contributor to increasing bad LDL cholesterol levels. Swap these foods for those lower in saturated fats to help improve heart health and lower cholesterol.



INSTEAD OF.....	TRY.....
Whole milk, cheese, yogurt, and ice cream	Low or non-fat versions, 1% or skim; almond, soy, or rice milks
Fatty, marbled beef and pork	Lean beef and pork, trim visible fat
Poultry with skin, and/or fried	Poultry without skin, baked or grilled; Fish and seafood at least 2 times per week
Butter, or stick margarine	Reduced fat, whipped spread that are trans-fat free
Coconut and palm oil	Liquid 100% vegetable oils: canola, olive, safflower
Chips, crackers, snack foods	Raw or unsalted nuts and seed, nut butters, hummus and vegetables, avocado on toast
Animal protein sources	Plant based or vegetarian meals using beans, nuts, seed, soy for protein
Trans fats like stick margarine, packaged baked goods/crackers, frozen meals, fried foods, shortening	Avoid foods with “partially hydrogenated oil” on ingredient list; look for trans-fat free