
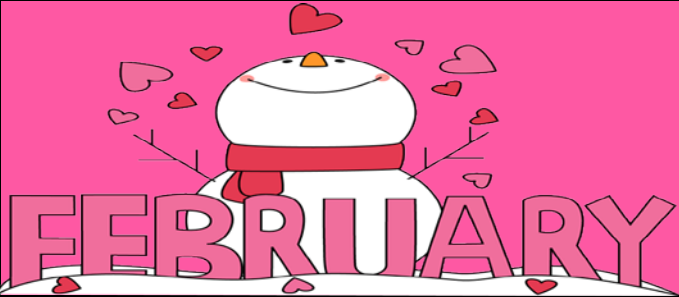





MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MEAL CANCELLATIONS *If MEALS or BROWN BAG is cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789						Did you know you may purchase Ensure® nutrition drink supplement through SCES? Ensure® \$21.00/case of 24 Ensure® Plus \$25.00/case of 24 Glucerna Diabetic \$36.00/case of 24 Call the nutrition office at 617-628-2601 for more information.		1 Vegetable Lasagna 370 Chicken Meatball 63 Tuscan Vegetables 47 Scali Bread 120 Apple Cranberry Compote 3 Total Cals: 578 Total Sodium: 891mg	
4	Creole Fish 204 Rice & Beans 78 Collard Greens & Onions 53 Mini Corn Bread 291 Vanilla Pudding 177 Total Cals: 915 Total Sodium: 941mg	5	Oriental Vegetable Soup 406mg Chicken Lo Mein 448 Oriental Vegetable Blend 9 Oatmeal Bread 121 Pineapples 1 Total Cals: 671 Total Sodium: 1180mg	6	American Chop Suey 320 Italian Green Beans 3 Wheat Bread 127 Fresh Fruit 0 Total Cals: 964 Total Sodium: 697mg	7	Minestrone Soup 239mg Broccoli Mushroom Quiche 357 Red Bliss Potatoes 8 Peas & Carrots 82 Rye Bread 150 Chocolate Chip Cookie 60 Total Cals: 865 Total Sodium: 1091mg	8	*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 292mg Swedish Meatballs 239 Egg Noodles 40 Green Beans 3 Multigrain Bread 75 Blueberry Snack Loaf 160 Total Cals: 906 Total Sodium: 1004mg	12	Beef Stew 325 Corn 1 Garden Salad 169 Whole Wheat Roll 132 Fresh Fruit 0 Total Cals: 641 Total Sodium: 765mg	13	Salmon Boat 210 Lemon Dill Sauce 41 Sweet Potatoes 27 Peas & Mushrooms 136 Oat Bread 121 Pineapples 1 Total Cals: 612 Total Sodium: 673mg	14	Valentine's Day Special 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: 890 Total Sodium: 1447mg	15	*Crumb Topped Macaroni & Cheese 548 Stewed Tomatoes 251 Rye Bread 150 Mandarin Oranges 7 Total Cals: 794 Total Sodium: 1094mg
20	 No Meals Delivered Today	19	*Greek Chicken 616 Rice Pilaf 99 Zucchini & Cauliflower 6 Oatmeal Bread 121 Peaches 5 Total Cals: 638 Total Sodium: 983mg	20	Breaded Fish Sticks 190 Red Bliss Potatoes 8 Kale 26 Wheat Bread 254 Chocolate Pudding 177 Total Cals: 735 Total Sodium: 728mg	21	Chicken Vegetable Soup 81mg Tortellini w/Spinach Alfredo Sauce 448 Green Beans 3 Multigrain Bread 99 Birthday Cupcake 170 Total Cals: 920 Total Sodium: 971mg	22	Beef Stuffed Pepper 189 Carrots 64 Whole Wheat Roll 132 Pears 5 Total Cals: 518 Total Sodium: 678mg
25	Vegetable Soup 292mg *Stuffed Shells 544 Chicken Meatball 70 Zucchini & Cauliflower 6 Multigrain Bread 75 Ambrosia Pudding 3 Total Cals: 741 Total Sodium: 1185mg	26	Fish w/Broccoli Cheese Sauce 450 Orzo, Rice & Peas 95 Country Style Blend 40 Oatmeal Bread 121 Fresh Fruit 0 Total Cals: 648 Total Sodium: 844mg	27	Roast Turkey & Gravy 459 Mashed Potatoes 68 Carrots 77 Cranberry Sauce 4 Multigrain Bread 75 Oatmeal Raisin Cookie 75 Total Cals: 657 Total Sodium: 896mg	28	*Hot Dog on Roll 763 Baked Beans 140 Cole Slaw 45 Pears 5 High Sodium Meal Total Cals: 752 Total Sodium: 1277mg	Menu Guidelines: Calories, 700-800 calories per meal. Total fat content no more than 30%/cals. Sodium content (mg) provided/item. 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 California Chicken Salad 70 Wheat Bread 254 Tomato Zucchini Salad 60 Italian Pasta Salad 138 Mandarin Oranges 7 Total Cals: 780 Total Sodium: 636mg	
4 Egg Salad 136 Wheat Bread 254 English Pea Salad 156 Cucumber, Feta, Onion Salad 80 Fig Bars 35 Total Cals: 833 Total Sodium: 769mg		5 Seafood Salad 228 Multigrain Bread 198 Tricolor Pasta Salad 59 Spinach Mandarin Salad 206 Tropical Mixed Fruit 8 Total Cals: 889 Total Sodium: 759mg		6 Tomato Soup 375mg Garden Salad w/Chicken 489 Wheat Roll 132 Fresh Fruit 0 Total Cals: 493 Total Sodium: 1083mg		7 Roast Beef & Provolone 349 Wheat Bread 254 Corn Salad 189 Tomato Red Pepper 5 Cinnamon Apple Slices 60 Total Cals: 812 Total Sodium: 917mg		8 Turkey & Swiss 333 Oatmeal Bread 241 Summer Potato Salad 65 Broccoli Slaw 145 Ambrosia 3 Total Cals: 708 Total Sodium: 962mg	
11 Tuna Salad 241 Oat Bread 241 Balsamic Pasta Salad 14 Cauliflower Carrot Salad 96 Lorna Doones 100 Total Cals: 713 Total Sodium: 800mg		12 Egg Salad 136 Rye Bread 300 Potato Salad 100 Summer Squash Salad 42 Tropical Mixed Fruit 8 Total Cals: 738 Total Sodium: 694mg		13 Minestrone Soup 330mg Chicken Salad 75 Wheat Bread 254 Fresh Fruit 1 Total Cals: 600 Total Sodium: 823mg		14 Turkey Chef Salad 447 Macaroni Salad 138 Wheat Roll 132 Mandarin Oranges 7 Total Cals: 846 Total Sodium: 862mg		15 Roast Beef & Swiss 246 Multigrain Bread 150 Greek Pasta Salad 188 Cole Slaw 45 Diet Tapioca Pudding 161 Total Cals: 760 Total Sodium: 949mg	
20  No Meals Delivered Today		19 Egg Salad 136 Wheat Bread 254 Potato Salad 100 Riviera Salad 92 Diet Vanilla Pudding 161 Total Cals: 676 Total Sodium: 850mg		20 Turkey Chef Salad 447 English Pea Salad 156 Wheat Dinner Roll 132 Fresh Fruit 1 Total Cals: 701 Total Sodium: 874mg		21 Curry Chicken Salad 72 Oatmeal Bread 121 Corn Salad 189 Squash, Zucchini, Red Onion 6 Mixed Fruit 8 Total Cals: 756 Total Sodium: 626mg		22 Tomato Soup 375mg Seafood Salad 228 Multigrain Bread 198 Mandarin Oranges 7 Total Cals: 836 Total Sodium: 972mg	
25 Turkey & Provolone 436 Oatmeal Bread 242 Potato Salad 17 Tomato Red Pepper Salad 5 Diet Chocolate Pudding 127 Total Cals: 797 Total Sodium: 971mg		26 Chicken Salad 75 Bulky Roll 310 SW Black Bean Salad 294 Carrot Pineapple Salad 97 Mandarin Oranges 0 Total Cals: 715 Total Sodium: 891mg		27 *Roast Beef & Swiss 246 Wheat Bread 254 Broccoli, Feta, Orzo Salad 221 Cucumber Dill Salad 51 Peaches 5 Total Cals: 634 Total Sodium: 939mg		28 Vegetable Soup 292mg Egg Salad 136 Rye Bread 300 Tropical Fruit 8 Total Cals: 559 Total Sodium: 900mg		Menu Guidelines: Calories, 700-800 calories per meal. Total fat content no more than 30% of cals. Sodium content (mg) provided/item. No more than 1200mg sodium per whole meal unless noted, (*) indicates higher sodium menu item. Sodium totals include Milk, Butter (30mg) (107mg) and Crackers (47mg)	



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 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