




# Meals-on-Wheels HOT Menu March 2019

Nutrition Program 617-628-2601 [www.eldercare.org/](http://www.eldercare.org/) Suggested Contribution \$2.00 Per Meal

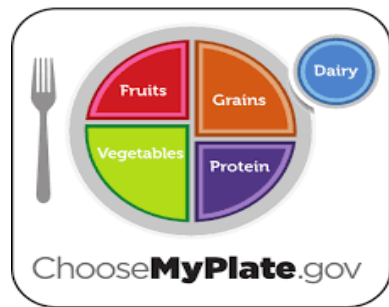
\*To find out if MEALS or BROWN BAG is cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>Menu Guidelines:</b> 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), Butter		<b>Did you know you may purchase Ensure® nutrition drink supplement through SCES?</b> 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 Swedish Meatballs 239 Egg Noodles 40 Spinach 145 Whole Wheat Roll 132 Tropical Mixed Fruit 8  Total Calories: 718 Total Sodium: 702mg	
4 Salmon Filets w/Dill Sauce 113 Sweet Potatoes 27 Italian Green Beans 3 Multigrain Bread 99 Blueberry Snack Loaf 160  Total Cals: 656 Total Sodium: 894mg		5 Chicken & Vegetable Soup 81mg Creole Chicken 480 Rice & Beans 78 Collard Greens 53 Wheat Bread 127 Fresh Fruit 0  Total Cals: 835 Total Sodium: 1013mg		6 *Crumb Topped Macaroni & Cheese 548 Stewed Tomatoes 251 Oatmeal Bread 121 Mandarin Oranges 7  Total Cals: 866 Total Sodium: 1072mg		7 Meatloaf w/Onion Gravy 116 Mashed Potatoes 68 Broccoli & Cauliflower 15 Garlic Dinner Roll 134 Chocolate Mousse 33  Total Cals: 661 Total Sodium: 482mg		8 Veggie Cheesburger 480 Hamburger Roll 215 Italian Roasted Potatoes 4 Garden Salad 169 Tropical Mixed Fruit 8  Total Cals: 730 Total Sodium: 1116mg	
11 Orange Almond Chicken 327 Rice Pilaf 110 Spinach 145 Multigrain Bread 99 Fresh Fruit 0  Total Cals: 746 Total Sodium: 819mg		12 Chicken Orzo Soup 56mg Breaded Fish w/Dill Sauce 337 Mashed Potatoes 68 Zucchini & Red Peppers 5 Oatmeal Bread 121 Peaches 5  Total Cals: 1010 Total Sodium: 1045mg		13 <b>St. Patrick's Day Special</b> *Corned Beef Stew w/Turnips, Cabbage, Carrots & Onions 886 Boiled Potatoes w/Parsley 56 Golden Biscuit 8 Chocolate Chip Brownie 355 <b>High Sodium Meal</b> 247  Total Cals: 829 Total Sodium: 1634mg		14 Escarole & Bean Soup 145mg American Chop Suey 320 Broccoli & Cauliflower 15 Scali Bread 123 Mixed Fruit 3  Total Cals: 1003 Total Sodium: 908mg		15 Broccoli Mushroom Quiche 357 Butternut Squash 26 Green Beans 3 Whole Wheat Roll 132 Ambrosia 3  Total Cals: 793 Total Sodium: 659mg	
18 Vegetable Soup 292mg Chicken Scalloppini 344 Buttered Ziti 4 Broccoli & Carrots 45 Whole Wheat Roll 132 Fresh Fruit 0  Total Cals: 735 Total Sodium: 1013mg		19 Minestrone 239mg Baked Haddock 296 Broccoli Cheese Sauce 192 Butternut Squash 26 Green Beans 3 Pumpernickel Bread 176 Chocolate Chip Cookie 60  Total Cals: 669 Total Sodium: 1187mg		20 *Hot Dog on Roll 763 Baked Beans 140 Cole Slaw 45 Mixed Fruit 3 <b>High Sodium Meal</b>  Total Cals: 754 Total Sodium: 1276mg		21 Beef Stuffed Peppers 189 Zucchini & Squash 4 Italian Bread 123 Pears 5  Total Cals: 452 Total Sodium: 458mg		22 Lentil Stew 392 Herbed Brown Rice 4 Garden Salad 169 Multigrain Bread 99 Fruited Yogurt 75  Total Cals: 725 Total Sodium: 877mg	
25 Lasagna 440 Chicken Meatball 70 Tuscany Blend 47 Scali Bread 123 Vanilla Pudding 177  Total Cals: 687 Total Sodium: 995mg		26 Split Pea Soup 47mg Lemon Dijon Chicken 386 Brown Rice Pilaf 8 Italian Green Beans 3 Oatmeal Bread 121 Chocolate Birthday Cupcake 95  Total Cals: 832 Total Sodium: 957mg		27 Potato Crunch Fish 337 Spinach Alfredo Sauce 167 Mashed Potatoes 68 Ratatouille 116 Multigrain Bread 99 Cinnamon Apple Slices 9  Total Cals: 915 Total Sodium: 887mg		28 Beef Stew 325 Corn 1 Garden Salad 169 Wheat Dinner Roll 132 Fresh Fruit 0  Total Cals: 641 Total Sodium: 765		29 Spinach, Mushroom, Pepper Quiche 318 Diced Beets 185 O'Brien Potatoes 32 Rye Bread 300 Mandarin Oranges 7  Total Cals: 669 Total Sodium: 1014mg	

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4	Roast Beef & Provolone 349 Wheat Bread 254 Balsamic Pasta Salad 14 Cucumber Feta Onion Salad 80 Pineapples 1 Total Cals: 788 Total Sodium: 810mg	5	Egg Salad 136 Rye Bread 300 Potato Salad 100 Tomato Pepper Salad 5 Diet Butterscotch Pudding 161 Total Cals: 730 Total Sodium: 809mg	6	Tuna Salad 241 Multigrain Bread 198 Broccoli Slaw 145 Root Vegetable Salad 86 Diet Brownie 247 Total Cals: 654 Total Sodium: 1025mg	7	Chicken Pesto Caesar Salad 652 Italian Pasta Salad 138 Whole Wheat Roll 132 Fresh Fruit 0 Total Cals: 879 Total Sodium: 1060mg	8	Tomato Soup 375mg Seafood Salad 228 Oatmeal Bread 241 Mandarin Oranges 7 Total Cals: 823 Total Sodium: 1015mg
11	Minestrone Soup 330mg Egg Salad 136 Oat Bread 241 Applesauce 0 Total Cals: 571 Total Sodium: 871mg	12	*Ham Chef Salad 568 English Pea Salad 156 Whole Wheat Roll 132 Pears 5 Total Cals: 669 Total Sodium: 999mg	13	Chicken Salad 75 Pumpernickel Bread 353 Potato Salad 100 Spinach Mandarin Salad 206 Angel Food Cake 41 Total Cals: 661 Total Sodium: 883mg	14	*Turkey & Provolone 511 Rye Bread 300 Macaroni Salad 138 Squash, Onions & Zucchini 6 Diet Chocolate Pudding 161 <b>High Sodium Meal</b> Total Cals: 958 Total Sodium: 1227mg	15	Tuna Salad 241 Wheat Bread 254 Pasta Salad w/Cheese 312 Cole Slaw 45 Diet Fruited Gelatin 10 Total Cals: 701 Total Sodium: 970mg
18	Seafood Salad 228 Wheat Bread 254 Potato Salad 100 Tomato Zucchini 60 Vanilla Wafers 65 Total Cals: 946 Total Sodium: 815mg	19	Turkey & Swiss 408 Oatmeal Bread 241 Three Bean Salad 34 Cole Claw 45 Peaches 5 Total Cals: 648 Total Sodium: 844mg	20	Curry Chicken Salad 72 Multigrain Bread 198 English Pea Salad 156 Cucumber, Carrot, Onion Salad 71 Diet Vanilla Pudding 161 Total Cals: 650 Total Sodium: 766mg	21	*Vegetarian Chef Salad 555 Pasta Salad 137 Pita Pocket 161 Fresh Fruit 0 Total Cals: 791 Total Sodium: 1055mg	22	Vegetable Soup 292mg Tuna Salad 241 Rye Bread 300 Mandarin Oranges 7 Total Cals: 502 Total Sodium: 1004mg
25	Chili Soup 285mg *Turkey & Provolone 511 Wheat Bread 254 Tropical Mixed Fruit 8 <b>High Sodium Meal</b> Total Cals: 731 Total Sodium: 1226mg	26	Roast Beef & Swiss 246 Multigrain Bread 198 Corn Salad 189 Tomato Zucchini Salad 60 Pears 5 Total Cals: 653 Total Sodium: 860mg	27	Chicken Salad 75 Wheat Bread 254 Pasta Vegetable Salad 142 Cole Slaw 45 Fresh Fruit 0 Total Cals: 846 Total Sodium: 625mg	28	Egg Salad 136 Rye Bread 300 German Potato Salad 11 Spinach & Mandarin Salad 206 Diet Pistachio Pudding 0 Total Cals: 602 Total Sodium: 921mg	29	Salmon Caesar Salad 295 Broccoli Ziti Salad 48 Dinner Roll 132 Vanilla Wafers 7 Total Cals: 941 Total Sodium: 1085mg

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# Nutrition Tips for Healthy Living! MARCH 2019

## Happy Nutrition Month! Create a Healthy Plate

### Pick a Heart Healthy Protein

Turkey or chicken with skin removed, seeds such as quinoa, chia, or sunflower seeds, eggs, tofu, fish, yogurt, nut butters, nuts, and beans



### Pick a Colorful Fruit

Cantaloupe, blueberries, strawberries, oranges, peaches, avocados, pears, bananas, kiwi, watermelon



### Pick a Colorful Vegetable

Carrots, sweet potatoes, broccoli, cauliflower, beets, tomatoes, butternut squash, zucchini, yellow squash, Brussels sprouts, kale, Swiss Chard, arugula, red peppers, radicchio



### Include Calcium-rich foods

Milk; plant based milks like soy, almond, rice, or oat milk; yogurts like Greek or Icelandic; greens like kale and collard; cheese; calcium fortified foods like orange juice



### Pick a Fiber-Rich Grain or Legume

Whole wheat pasta, quinoa, whole grain brown rice, corn, bulgur, farro; Chickpea, black beans.



### Ready to Create your Healthy Plate

Aim for 1/2 your plate fruits and vegetables, 1/4 protein, 1/4 whole grain, include milk or yogurt on the side.

