







MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>1</b>	Cream of Mushroom Soup	<b>2</b>	Minestrone Soup	<b>3</b>	Chicken Mixed Bean Soup	<b>4</b>		<b>5</b>	
<b>Hot</b> Turkey w/Gravy Cranberry Sauce Mashed Potatoes Root Vegetables Wheat Bread	<b>Cold</b> *Ham and Swiss Multigrain Bread Zucchini Salad Orzo Vegetable Salad	<b>Hot</b> Swedish Meatballs Over Noodles Country Blend Veg. Wheat Roll	<b>Cold</b> Turkey & Swiss Multigrain Bread Balsamic Pasta Salad Summer Squash Salad <b>High Sodium Meal</b>	<b>Hot</b> *Greek Chicken Roasted Potatoes Italian Green Beans Dinner Roll	<b>Cold</b> Roast Beef & American Bulkie Roll Potato Salad Broccoli Slaw	<b>Hot</b> American Chop Suey Broccoli &Cauliflower Scali Bread	<b>Cold</b> Curry Chicken Salad Wheat Bread English Pea Salad Root Vegetable Salad	<b>Hot</b> Lentil Stew Herbed Brown Rice Garden Salad Oat Bread	<b>Cold</b> Tortellini Salad Rye Bread Corn Salad Cauliflower Carrot Salad
Blueberry Snack Loaf/DB: Vanilla Wafers		Chocolate Pudding/DB:Diet Choc. Pudding		Fresh Fruit		Mixed Fruit		Pears	
<b>8</b>	Mushroom Barley Soup	<b>9</b>		<b>10</b>	Cream of Butternut Squash	<b>11</b>	Chicken & Bean Soup	<b>12</b>	
<b>Hot</b> Creole Chicken Rice & Beans Collard Greens & Onions Corn Bread	<b>Cold</b> *Turkey & American Multigrain Bread Balsamic Pasta Salad Zucchini Tomato Salad <b>High Sodium Meal</b>	<b>Hot</b> *Hot Dog on Roll Potato Salad Country Blend Veg. <b>High Sodium Meal</b>	<b>Cold</b> *Vegetarian Chef Salad Macaroni Salad Wheat Roll	<b>Hot</b> Meatloaf w/Gravy Mashed Potatoes Spinach Wheat Bread	<b>Cold</b> Chicken Salad Rye Bread Pasta Veg. Salad Chickpea, Tomato, & Cucumber Salad	<b>Hot</b> Chicken Marsala Buttered Egg Noodles Ratatouille Oatmeal Bread	<b>Cold</b> Roast Beef & Swiss Wheat Bread Greek Pasta Salad Cole Slaw	<b>Hot</b> *Crumb Topped Macaroni & Cheese Baked Tomato Rye Bread	<b>Cold</b> Egg Salad Multigrain Bread Three Bean Salad Broccoli, Feta, Orzo Salad
Sugar Cookie/DB: Fig Bars		Fresh Fruit		Ambrosia		Mandarin Oranges		Peaches	
<b>15</b>	<b>Patriot Day</b>	<b>16</b>	Beef & Vegetable Soup	<b>17</b>		<b>18</b>	<b>Spring Special</b>	<b>19</b>	Lentil Spinach Soup
		<b>Hot</b> BBQ Pork Rice & Beans Collard Greens Wheat Dinner Roll	<b>Cold</b> Tuna Salad Multigrain Bread Macaroni Salad Cauliflower Carrot Salad	<b>Hot</b> Beef Stew Corn Tossed Salad Oat Bread	<b>Cold</b> CA Chicken Salad Oatmeal Bread TriColor Pasta Salad Spinach Mandarin Salad	<b>Stuffed Chicken Honey Glazed Carrots &amp; Parsnips Mashed Potatoes Dinner Roll Red Velvet Cupcake</b>		<b>Hot</b> Teriyaki Salmon White Rice Fresh Broccoli Multigrain Bread	<b>Cold</b> Egg Salad Rye Bread Potato Salad Squash, Zucchini, Red Onion Salad
<b>No Meals Served Today</b>		Peaches		Tropical Mixed Fruit				Pears	
<b>22</b>	Seafood Chowder	<b>23</b>	Potato Leek Soup	<b>24</b>		<b>25</b>	Split Pea Soup	<b>26</b>	
<b>Hot</b> Baked Fish/Lemon Dill Sauce Red Bliss Potatoes Spinach & Chickpeas Oatmeal Bread	<b>Cold</b> Curry Chicken Salad Oatmeal Bread Black Bean Salad Root Vegetable Salad	<b>Hot</b> *Chicken Broccoli Divan Green Beans & Peppers Butternut Squash Wheat Dinner Roll	<b>Cold</b> Roast Beef & Swiss Wheat Bread Tri Color Pasta Salad Cauliflower Carrot Salad	<b>Hot</b> Turkey w/Gravy Mashed Potatoes Fresh Zucchini Wheat Bread	<b>Cold</b> Egg Salad Multigrain Bread English Pea Salad Beet Salad	<b>Hot</b> White Bean & Kale Stew Herbed Brown Rice Garden Salad Pumpnickel Bread	<b>Cold</b> Turkey & Swiss Wheat Bread Potato Salad Cucumber, Feta, Onion Salad	<b>Hot</b> Beef Stuffed Peppers Parm Polenta Dill Carrots Multigrain Bread	<b>Cold</b> Chicken Garden Salad Corn Salad Scali Bread
Fresh Fruit		Birthday Cake/DB: Unfrosted Cake		Vanilla Pudding/DB: Diet Vanilla Pudding		Pears		Tropical Fruit	
<b>29</b>	Corn Chowder	<b>30</b>	Orzo Vegetable Soup			<b>MEAL CANCELLATIONS</b> *If MEALS or BROWN BAG is cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789.		<b>Did you know you may purchase Ensure® nutrition drink supplement through SCES?</b> Ensure® \$25.00/case of 24 Ensure® Plus \$27.00/case of 24 Glucerna Diabetic \$36.00/case of 24 Call the nutrition office at 617-628-2601 for more information.	
<b>Hot</b> Lemon Dijon Chicken Mashed Potatoes Green Beans Whole Wheat Bread	<b>Cold</b> Egg Salad Multigrain Bread Potato Salad Roman Blend Salad	<b>Hot</b> *Stuffed Shells Chicken Meatballs Peas & Onions Dinner Roll	<b>Cold</b> *Salmon Caesar Salad TriColor Pasta Salad Scali Bread						

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](mailto:dietitian@eldercare.org). For nutrition information on the menus, SEE MENUS POSTED or visit [www.eldercare.org](http://www.eldercare.org).

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Cream of Mushroom 194mg	2	Minestrone Soup 239mg	3	Chicken Mixed Bean Soup 204mg	4		5	
Turkey w/Gravy	459	Swedish Meatballs	300	*Greek Chicken	616	American Chop Suey	320	Lentil Stew	483
Cranberry Sauce	4	Noodles	8	Roasted Potatoes	6	Broccoli & Cauliflower	14	Herbed Brown Rice	4
Mashed Potatoes	68	Country Blend Veg.	40	Italian Green Beans	3	Scali Bread	123	Garden Salad	169
Root Vegetables	34	Wheat Roll	132	Dinner Roll	132	Mixed Fruit	3	Oat Bread	121
Wheat Bread	127	Chocolate Pudding	177	Fresh Fruit	1			Pears	5
Blueberry Snack Loaf	160								
Total Cals: 804 Total Sodium: 990mg		Total Cals: 958 Total Sodium: 1091mg		Total Cals: 778 Total Sodium: 1157mg		Total Cals: 925 Total Sodium: 706mg		Total Cals: 756 Total Sodium: 919mg	
8	Mushroom Barley Soup 146mg	9		10	Cream of Butternut Squash 101mg	11	Chicken & Bean Soup 204mg	12	
Creole Chicken	242	*Hot Dog on Roll	763	Meatloaf w/Gravy	116	Chicken Marsala	452	*Crumb Topped Macaroni &	
Rice & Beans	78	Potato Salad	100	Mashed Potatoes	68	Buttered Egg Noodles	40	Cheese	548
Collard Greens & Onions	53	Country Blend Vegetables	40	Spinach	145	Ratatouille	116	Baked Tomato	258
Corn Bread	291	Fresh Fruit	0	Wheat Bread	127	Oatmeal Bread	121	Rye Bread	150
Sugar Cookie	70			Ambrosia	3	Mandarin Oranges	7	Peaches	5
Total Cals: 908 Total Sodium: 1074mg		<b>High Sodium Meal</b> Total Cals: 820 Total Sodium: 1228mg		Total Cals: 1023 Total Sodium: 799mg		Total Cals: 857 Total Sodium: 1133mg		Total Cals: 864 Total Sodium: 1099mg	
15	<b>Patriot Day</b>	16	Beef & Vegetable Soup 153mg	17		18		19	Lentil Spinach Soup 139mg
		BBQ Pork	678	Beef Stew	325	Stuffed Chicken	430	Teriyaki Salmon	382
		Rice & Beans	78	Corn	1	Honey Glazed Carrots & Parsnips	42	White Rice	5
		Collard Greens	6	Tossed Salad	169	Mashed Potatoes	68	Fresh Broccoli	12
		Wheat Dinner Roll	132	Oat Bread	121	Dinner Roll	132	Multigrain Bread	99
		Peaches	5	Tropical Mixed Fruit	8	Red Velvet Cupcake	170	Pears	5
<b>No Meals Served Today</b>		Total Cals: 675 Total Sodium: 1105mg		Total Cals: 620 Total Sodium: 762mg		Total Cals: 1010 Total Sodium: 1080mg		Total Cals: 638 Total Sodium: 833mg	
22	Seafood Chowder 162mg	23	Potato Leek Soup 74mg	24		25	Split Pea Soup 47mg	26	
Baked Fish/Lemon Dill Sauce.	114	*Chicken Broccoli Divan	564	Turkey w/Gravy	459	White Bean & Kale Stew	446	Beef Stuffed Peppers	189
Red Bliss Potatoes	8	Green Beans & Peppers	4	Mashed Potatoes	68	Herbed Brown Rice	4	Parm Polenta	202
Spinach & Chick Peas	260	Butternut Squash	26	Fresh Zucchini	5	Garden Salad	169	Dill Carrots	81
Oatmeal Bread	121	Wheat Dinner Roll	132	Wheat Bread	127	Pumpnickel Bread	176	Multigrain Bread	99
Fresh Fruit	0	Birthday Cake	95	Vanilla Pudding	177	Pears	5	Tropical Fruit	8
Total Cals: 836 Total Sodium: 905mg		Total Cals: 707 Total Sodium: 1090mg		Total Cals: 746 Total Sodium: 974mg		Total Cals: 607 Total Sodium: 938mg		Total Cals: 794 Total Sodium: 773mg	
29	Corn Chowder 226mg	30	Orzo Vegetable Soup 120mg			<b>Menu Guidelines:</b> Calories, 700-800 calories per meal. Total fat content no more than 30%/cals. Sodium content (mg) is listed per item. No more than 1200mg sodium per whole meal unless noted, (*) indicates higher sodium menu item. Sodium totals include Milk (107mg), Butter (30mg) and Crackers (47mg)		<b>Did you know you may purchase Ensure® nutrition drink supplement through SCES?</b> Ensure® \$25.00/case of 24 Ensure® Plus \$27.00/case of 24 Glucerna Diabetic \$36.00/case of 24 Call the nutrition office at 617-628-2601 for more information.	
Lemon Dijon Chicken	386	*Stuffed Shells	544						
Mashed Potatoes	68	Chicken Meatballs	70						
Green Beans	3	Peas & Onions	75						
Whole Wheat Bread	127	Dinner Roll	132						
Peaches	5	Fruited Gelatin w/Topping	11						
Total Cals: 660 Total Sodium: 727mg		Total Cals: 817 Total Sodium: 1147mg							

For nutrition information on the menus, visit [www.eldercare.org](http://www.eldercare.org).

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Cream of Mushroom 194mg	2	Minestrone Soup 239mg	3	Chicken Mixed Bean Soup 204mg	4		5	
*Ham and Swiss	523	Turkey & Swiss	408	Roast Beef & American	417	Curry Chicken Salad	72	Med. Tortellini Salad	228
Multigrain Bread	198	Multigrain Bread	198	Bulkie Roll	215	Wheat Bread	254	Rye Bread	300
Zucchini Salad	64	Balsamic Pasta Salad	14	Potato Salad	100	English Pea Salad	156	Corn Salad	189
Orzo Vegetable Salad	161	Summer Squash Salad	42	Broccoli Slaw	64	Root Vegetable Salad	86	Cauliflower Carrot Salad	96
Blueberry Snack Loaf	160	Chocolate Pudding	177	Fresh Fruit	1	Mixed Fruit	3	Pears	5
<b>High Sodium Meal</b>		<b>High Sodium Meal</b>							
Total Cals: 791 Total Sodium: 1334mg		Total Cals: 1030 Total Sodium: 1246mg		Total Cals: 710 Total Sodium: 1112mg		Total Cals: 658 Total Sodium: 679mg		Total Cals: 932 Total Sodium: 925mg	
8	Mushroom Barley Soup 146mg	9		10	Cream of Butternut Squash 101mg	11	Chicken & Bean Soup 204mg	12	
*Turkey & American	579	*Vegetarian Chef Salad	555	Chicken Salad	75	Roast Beef & Swiss	246	Egg Salad	136
Multigrain Bread	198	Macaroni Salad	138	Rye Bread	300	Wheat Bread	254	Multigrain Bread	198
Balsamic Pasta Salad	14	Wheat Roll	132	Pasta Veg. Salad	142	Greek Pasta Salad	188	Three Bean Salad	34
Zucchini Tomato Salad	60	Fresh Fruit	0	Chick Pea, Tomato, & Cucumber	109	Cole Slaw	45	Broccoli, Feta, Orzo Salad	221
Sugar Cookie	70			Ambrosia	3	Mandarin Oranges	7	Peaches	5
<b>High Sodium Meal</b>									
Total Cals: 892 Total Sodium: 1236mg		Total Cals: 788 Total Sodium: 963mg		Total Cals: 1004 Total Sodium: 894mg		Total Cals: 746 Total Sodium: 857mg		Total Cals: 580 Total Sodium: 602mg	
15	<b>Patriot Day</b>	16	Beef & Vegetable Soup 153mg	17		18		19	Lentil Spinach Soup 139mg
		Tuna Salad	241	Chicken Salad	70	<b>See Spring Special on Hot Menu</b>		Egg Salad	136
<b>No Meals Served Today</b>		Multigrain Bread	198	Oatmeal Bread	241			Rye Bread	300
		Macaroni Salad	138	TriColor Pasta Salad	59			Potato Salad	100
		Cauliflower Carrot Salad	96	Spinach Mandarin Salad	206			Squash, Zucchini, Onion Salad	6
		Peaches	5	Tropical Mixed Fruit	8			Pears	5
		Total Cals: 806 Total Sodium: 995mg		Total Cals: 710 Total Sodium: 692mg				Total Cals: 812 Total Sodium: 847mg	
22	Seafood Chowder 162mg	23	Potato Leek Soup 74mg	24		25	Split Pea Soup 47mg	26	
Curry Chicken Salad	72	Roast Beef & Swiss	246	Egg Salad	136	Turkey & Swiss	408	Chicken Garden Salad	489
Oatmeal Bread	241	Wheat Bread	254	Multigrain Bread	198	Wheat Bread	254	Corn Salad	189
Black Bean Salad	294	Tri Color Pasta Salad	59	English Pea Salad	156	Potato Salad	100	Scali Bread	123
Root Vegetable Salad	86	Cauliflower Carrot Salad	96	Beet Salad	143	Cucumber, Feta, Onion Salad	80	Tropical Fruit	8
Fresh Fruit	0	Birthday Cake	95	Vanilla Pudding	177	Pears	5		
Total Cals: 883 Total Sodium: 1019mg		Total Cals: 780 Total Sodium: 988mg		Total Cals: 753 Total Sodium: 918mg		Total Cals: 884 Total Sodium: 1065mg		Total Cals: 616 Total Sodium: 942mg	
29	Corn Chowder 226mg	30	Orzo Vegetable Soup 120mg			<b>Menu Guidelines:</b> Calories, 700-800 calories per meal. Total fat content no more than 30%/cals. Sodium content (mg) is listed per item. No more than 1200mg sodium per whole meal unless noted, (*) indicates higher sodium menu item. Sodium totals include Milk (107mg), Butter (30mg) and Crackers (47mg)		<b>Did you know you may purchase Ensure® nutrition drink supplement through SCES?</b> Ensure® \$25.00/case of 24 Ensure® Plus \$27.00/case of 24 Glucerna Diabetic \$36.00/case of 24 Call the nutrition office at 617-628-2601 for more information.	
Egg Salad	136	*Salmon Caesar Salad	652						
Multigrain Bread	198	TriColor Pasta Salad	48						
Potato Salad	100	Scali Bread	123						
Roman Blend Salad	90	Fruited Gelatin w/Topping	11						
Peaches	5								
Total Cals: 811 Total Sodium: 918mg		Total Cals: 864 Total Sodium: 1148mg							



# Nutrition Tips for Healthy Living! APRIL 2019

## Prebiotics and Probiotics and Gut Health

Did you know that some bacteria are actually beneficial in our bodies? There are trillions of "good" bacteria, called **probiotics**, that live in our bodies and help keep our immune systems strong. The majority of these live in our gut, they:

- Regulate immune systems
- Prevent growth of many harmful bacteria
- Extracts energy from food
- Production of some essential vitamins
- Regulates glucose levels and metabolism
- May help with IBS, bloating, diarrhea, constipation



### What are PRO-biotics?

Probiotics are "live" microorganisms that are beneficial to our bodies and a healthy gut.

They restore the balance of "good" and "bad" bacteria, especially when the balance is disrupted, such as after antibiotic use.

Food sources are more reliable than supplements.

### What are PRE-biotics?

Prebiotics are food sources that nourish the "good" bacteria.

They usually come in the form of fiber, soluble, and not absorbed or digested by the body.

Can improve bloating, digestion and regularity.

### Tips for Choosing Probiotics and Prebiotics:

It is recommended to have these daily or at least 3 times per week.

Eating food sources of pre and probiotics help create a beneficial environment for bacteria to thrive.

Yogurt and Kefir are great sources of probiotics. When choosing yogurt look for:

- ✓ "Live & Active Cultures" on label.
- ✓ Regular, Greek or Icelandic yogurts are good, even generic brands.
- ✓ Look for yogurt without a lot of added sugars, yogurts can vary between 12-26 gm/sugar, buy ones on the lower end and avoid those that list sugar as the first ingredient.
- ✓ Keep them refrigerated as needed to keep bacteria alive.

### Food Sources of Prebiotics

Asparagus  
Onions  
Leeks  
Garlic  
Potatoes  
Yams  
Bananas  
Whole grain wheat  
Oats  
Apples



### Food Sources of Probiotics

Yogurt  
Kefir (yogurt like drink)  
Raw sauerkraut (refrigerated)  
Kimchi (fermented vegetables)  
Kombucha (fermented black tea)  
Miso (soybean paste)  
Pickles

