



Meals on Wheels HOT Menu APRIL 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	
1		2	Minestrone Soup 239mg	3		4		5	
	Turkey w/Gravy 459 Cranberry Sauce 4 Mashed Potatoes 68 Root Vegetables 34 Wheat Bread 127 Blueberry Snack Loaf 160 Total Cals: 804 Total Sodium: 990mg		Swedish Meatballs 300 Over Noodles 8 Country Blend Veg. 40 Wheat Roll 132 Chocolate Pudding 177 High Sodium Meal Total Cals: 972 Total Sodium: 1215mg		*Greek Chicken 616 Roasted Potatoes 6 Italian Green Beans 3 Dinner Roll 132 Fresh Fruit 1 Total Cals: 652 Total Sodium: 896mg		American Chop Suey 320 Broccoli & Cauliflower 14 Scali Bread 123 Mixed Fruit 3 Total Cals: 925 Total Sodium: 706mg		Lentil Stew 483 Herbed Brown Rice 4 Garden Salad 169 Oat Bread 121 Pears 5 Total Cals: 756 Total Sodium: 919mg
8		9		10		11	Chicken & Bean Soup 204mg	12	
	Creole Chicken 242 Rice & Beans 78 Collard Greens & Onions 53 Corn Bread 291 Sugar Cookie 70 Total Cals: 778 Total Sodium: 871mg		*Hot Dog on Roll 763 Potato Salad 100 Country Blend Vegetables 40 Fresh Fruit 0 High Sodium Meal Total Cals: 820 Total Sodium: 1228mg		Meatloaf w/Gravy 116 Mashed Potatoes 68 Spinach 145 Wheat Bread 127 Ambrosia 3 Total Cals: 881 Total Sodium: 642mg		Chicken Marsala 452 Buttered Egg Noodles 40 Ratatouille 116 Oatmeal Bread 121 Mandarin Oranges 7 Total Cals: 857 Total Sodium: 1133mg		*Crumb Topped Macaroni & Cheese 548 Baked Tomato 258 Rye Bread 150 Peaches 5 Total Cals: 864 Total Sodium: 1099mg
15	Patriot Day	16	Vegetable Soup 440mg	17		18	Spring Special!	19	
 No Meals Delivered Today			*BBQ Pork 678 Rice & Beans 78 Collard Greens 6 Wheat Dinner Roll 132 Peaches 5 High Sodium Meal Total Cals: 781 Total Sodium: 1446mg		Beef Stew 325 Corn 1 Tossed Salad 169 Oat Bread 121 Tropical Mixed Fruit 8 Total Cals: 620 Total Sodium: 762mg		Sage Stuffed Chicken 430 Honey Glazed Carrots & Parsnips 42 Sour Cream & Chive Mashed 68 Potatoes 132 Dinner Roll 170 Total Cals: 1010 Total Sodium: 1012mg		Teriyaki Salmon 382 White Rice 5 Fresh Broccoli 12 Multigrain Bread 99 Pears 5 Total Cals: 548 Total Sodium: 637mg
22		23	Potato Leek Soup 74mg	24		25		26	
	Baked Fish/Lemon Dill Sauce 114 Red Bliss Potatoes 8 Spinach & Chick Peas 260 Oatmeal Bread 121 Fresh Fruit 0 Total Cals: 608 Total Sodium: 687mg		*Chicken Broccoli Divan 564 Green Beans & Peppers 4 Butternut Squash 26 Wheat Dinner Roll 132 Birthday Cupcake 95 Total Cals: 707 Total Sodium: 1090mg		Turkey w/Gravy 459 Mashed Potatoes 68 Fresh Zucchini 5 Wheat Bread 127 Vanilla Pudding 177 Total Cals: 746 Total Sodium: 974mg		White Bean & Kale Stew 446 Herbed Brown Rice 4 Garden Salad 169 Pumpnickel Bread 176 Pears 5 Total Cals: 607 Total Sodium: 938mg		Beef Stuffed Peppers 189 Parm Polenta 202 Dill Carrots 81 Multigrain Bread 99 Tropical Fruit 8 Total Cals: 769 Total Sodium: 716mg
29		30	Orzo Vegetable Soup 120mg			Menu Guidelines: 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)		Did you know you may purchase Ensure® nutrition drink supplement through SCES? 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 Mashed Potatoes 68 Green Beans 3 Whole Wheat Bread 127 Peaches 5 Total Cals: 660 Total Sodium: 727mg		*Stuffed Shells 544 Chicken Meatballs 70 Peas & Onions 75 Dinner Roll 132 Fruited Gelatin w/Topping 11 Total Cals: 817 Total Sodium: 1147mg						

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 APRIL 2019

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

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Vegetable Chili Soup 285mg	2		3		4		5	
	*Ham and Swiss 523 Multigrain Bread 198 Unsweetened Applesauce 14		Turkey & Swiss 408 Multigrain Bread 198 Balsamic Pasta Salad 14 Summer Squash Salad 42 Peaches 5		Roast Beef & American 417 Bulkie Roll 215 Potato Salad 100 Broccoli Slaw 64 Diet Chocolate Pudding 161		Curry Chicken Salad 72 Wheat Bread 254 English Pea Salad 156 Root Vegetable Salad 86 Fresh Fruit 1		Tortellini Salad 228 Rye Bread 300 Corn Salad 189 Cauliflower Carrot Salad 96 Fig Bars 99
Total Cals: 562 Total Sodium: 1123mg		Total Cals: 768 Total Sodium: 778mg		Total Cals: 591 Total Sodium: 1094mg		Total Cals: 676 Total Sodium: 677mg		Total Cals: 974 Total Sodium: 1020mg	
8		9		10	Tomato Soup 375mg	11		12	
	*Turkey & American 579 Multigrain Bread 198 Balsamic Pasta Salad 14 Zucchini Tomato Salad 60 Mixed Fruit 3		*Vegetarian Chef Salad 555 Macaroni Salad 138 Wheat Roll 132 Tropical Mix Fruit 0		Chicken Salad 75 Rye Bread 300 Fresh Fruit 0		Roast Beef & Swiss 246 Wheat Bread 254 Greek Pasta Salad 188 Cole Slaw 45 Diet Tapioca Pudding 161		Egg Salad 136 Multigrain Bread 198 Three Bean Salad 34 Broccoli, Feta, Orzo Salad 221 Lorna Doones 100
Total Cals: 738 Total Sodium: 966mg		Total Cals: 782 Total Sodium: 971mg		Total Cals: 606 Total Sodium: 914mg		Total Cals: 756 Total Sodium: 1005mg		Total Cals: 676 Total Sodium: 697mg	
15	Patriot Day	16		17	Chili Soup 285mg	18		19	
			Tuna Salad 241 Multigrain Bread 198 Macaroni Salad 138 Cauliflower Carrot Salad 96 Fresh Fruit 5		Chicken Salad 70 Oatmeal Bread 241 Mandarin Oranges 7		Chef Salad w/Turkey 447 Garden Shell Pasta Salad 201 Wheat Bread 127 Pears 5		Egg Salad 136 Rye Bread 300 Potato Salad 100 Squash, Zucchini, Onion Salad 6 Vanilla Wafers 65
No Meals Delivered Today		Total Cals: 638 Total Sodium: 675mg		Total Cals: 619 Total Sodium: 757mg		Total Cals: 821 Total Sodium: 917mg		Total Cals: 746 Total Sodium: 715mg	
22		23		24	Tomato Soup 375mg	25		26	
	Curry Chicken Salad 72 Oatmeal Bread 241 Black Bean Salad 294 Root Vegetable Salad 86 Diet Vanilla Pudding 161		Roast Beef & Swiss 246 Wheat Bread 254 Tri Color Pasta Salad 59 Cauliflower Carrot Salad 96 Fresh Fruit 1		Egg Salad 136 Multigrain Bread 198 Mandarin Oranges 7		Turkey & Swiss 408 Wheat Bread 254 Potato Salad 100 Cucumber, Feta, Onion Salad 80 Peaches 5		Chicken Garden Salad 489 Corn Salad 189 Scali Bread 123 Angel Food Cake 41
Total Cals: 655 Total Sodium: 961mg		Total Cals: 677 Total Sodium: 765mg		Total Cals: 559 Total Sodium: 823mg		Total Cals: 736 Total Sodium: 958mg		Total Cals: 603 Total Sodium: 979mg	
29		30				Menu Guidelines: 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)		Did you know you may purchase Ensure® nutrition drink supplement through SCES? 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 Multigrain Bread 198 Potato Salad 100 Roman Blend Salad 90 Vanilla Wafers 65		*Salmon Caesar Salad 652 TriColor Pasta Salad 48 Scali Bread 123 Fresh Fruit 1						
Total Cals: 704 Total Sodium: 697mg		Total Cals: 776 Total Sodium: 972mg							

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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.

- 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



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



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.