





MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><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.</p>		<p><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.</p>		1 Escarole & Bean Soup		2		3	
				<p><b>Hot</b> Potato Crunch Fish O'Brien Potatoes Carrots Multigrain Bread</p>	<p><b>Cold</b> *Ham &amp; Swiss Rye Bread English Pea Salad Garden Salad <b>High Sodium Meal</b></p>	<p><b>Hot</b> *Crumb Topped Macaroni &amp; Cheese Zucchini &amp; Tomatoes Garden Salad Oatmeal Bread</p>	<p><b>Cold</b> California Chicken Salad Wheat Bread Broccoli, Feta, Orzo Cucumber Dill Salad</p>	<p><b>Hot</b> Oven "Fried" Chicken Corn Collard Greens &amp; Onions Whole Wheat Roll</p>	<p><b>Cold</b> Roast Beef &amp; Swiss Multigrain Bread Italian Pasta Salad Riviera Salad</p>
6 Chicken & Vegetable Soup		7		8 Minestrone Soup		9 <b>Mother's Day Special</b>		10 Florentine Soup	
<p><b>Hot</b> *Ravioli/Tomato Sauce Zucchini &amp; Summer Squash Multigrain Bread</p>	<p><b>Cold</b> Turkey Mediterranean Salad Pita Balsamic Pasta Salad Cucumber Feta Onion</p>	<p><b>Cinco De Mayo Special</b> Beef &amp; Bean Chili White Rice Fiesta Mixed Vegetables Corn Bread Loaf</p> 	<p><b>Cold</b> Chicken Salad Wheat Bread Pasta Salad w/Cheese Cole Slaw</p>	<p><b>Hot</b> Salmon Filets w/ Lemon Dill Sauce Sweet Potatoes Italian Green Beans Whole Wheat Bread</p>	<p><b>Cold</b> Roast Beef &amp; Provolone Multigrain Bread Broccoli Slaw Root Vegetable Salad</p>	<p>Fruit Cup *Broccoli/ Cheese Stuffed Chicken Mashed Potatoes Peas &amp; Mushrooms Wheat Dinner Roll Carrot Cake/DB: Diet Vanilla Pudding</p>		<p><b>Hot</b> Broccoli Mushroom Quiche Green Beans Butternut Squash Rye Bread</p>	<p><b>Cold</b> *Ham &amp; Cheese Oatmeal Bread Macaroni Salad Spinach &amp; Mandarin Salad <b>High Sodium</b></p>
Fresh Fruit		Lime Mousse/DB: Diet Lime Mousse		Mandarin Oranges		Cold alt. lower sodium option: Egg Salad		Peaches	
13 Cream of Mushroom		14 Escarole & Bean Soup		15		16 Chicken Orzo Soup		17	
<p><b>Hot</b> Orange Almond Chicken Browned Rice Pilaf Spinach Multigrain Bread</p>	<p><b>Cold</b> Egg Salad Oat Bread Italian Pasta Salad Carrot Pineapple Salad</p>	<p><b>Hot</b> Vegetable Lasagna Chicken Meatball Green Beans Scali Bread</p>	<p><b>Cold</b> *Turkey &amp; Provolone Multigrain Bread Macaroni Salad Squash, Red Onion, and Zucchini Salad</p>	<p><b>Hot</b> Beef Stew Corn Tossed Garden Salad Wheat Dinner Roll</p>	<p><b>Cold</b> Chicken Salad Pumpnickel Bread Potato Salad Spinach Mandarin Salad</p>	<p><b>Hot</b> Fish Filet/Tartar Sauce Mashed Potatoes Zucchini &amp; Peppers Oatmeal Bread</p>	<p><b>Cold</b> Ham Chef Salad English Pea Salad Whole Wheat Roll</p>	<p><b>Hot</b> Hot Dog on Roll Baked Beans Cole Slaw <b>High Sodium Meal</b></p>	<p><b>Cold</b> *Pesto Chicken Caesar Salad Garden Shell Pasta Salad Whole Wheat Roll</p>
Fresh Fruit		Oatmeal Raisin Cookie/DB: Lorna Doones		Tropical Fruit		Peaches		Ambrosia	
20 Vegetable Barley Spinach		21		22		23 Minestrone Soup		24	
<p><b>Hot</b> Baked Fish Broccoli Cheese Sauce Butternut Squash Peas &amp; Onions Pumpnickel Bread</p>	<p><b>Cold</b> Roast Beef &amp; Swiss Wheat Bread Potato Salad Tomato Zucchini</p>	<p><b>Hot</b> American Chop Suey Zucchini &amp; Cauliflower Scali Bread</p>	<p><b>Cold</b> *Turkey Deluxe Sandwich Three Bean Salad Cole Slaw</p>	<p><b>Hot</b> Chicken Scalloppini Buttered Ziti Broccoli &amp; Carrots Oatmeal Bread</p>	<p><b>Cold</b> *Vegetarian Chef Salad Pita Pocket Pasta Salad</p>	<p><b>Hot</b> Meatloaf Onion Gravy Mashed Potatoes Beets Garlic Dinner Roll</p>	<p><b>Cold</b> Curry Chicken Salad Multigrain Bread English Pea Salad Cucumber, Carrot, Onion Salad</p>	<p><b>Hot</b> Lentil Stew Herbed Brown Rice Garden Salad Multigrain Bread</p>	<p><b>Cold</b> Egg Salad Rye Bread Lo Mein Pasta Salad Spinach Mandarin Salad</p>
Fresh Fruit		Pears		Birthday Cake/DB: Unfrosted Cake		Tropical Fruit		Fruited Yogurt/DB: Diet Vanilla Pudding	
<p>27  <b>No Meals Served Today</b></p>		28 Split Pea Soup		29 Butternut Squash Soup		30 Chicken Vegetable Soup		31	
		<p><b>Hot</b> *Honey Mustard Chicken Mashed Potatoes Italian Green Beans Oatmeal Bread</p>	<p><b>Cold</b> Egg Salad Multigrain Bread Corn Salad Tomato Zucchini Salad</p>	<p><b>Hot</b> Potato Crunch Fish Tartar Sauce Brown Rice Pilaf Carrots Multigrain Bread</p>	<p><b>Cold</b> *Turkey &amp; Provolone Wheat Bread Macaroni Salad Carrot Pineapple <b>High Sodium</b></p>	<p><b>Hot</b> *Stuffed Shells Chicken Meatball Garden Salad Italian Bread</p>	<p><b>Cold</b> Chicken Salad Oat Bread Pasta Veg Salad Squash, Zucchini, Red Onion Salad</p>	<p><b>Hot</b> Veggie Burger Hamburger Bun Potato Salad Fresh Ratatouille</p>	<p><b>Cold</b> Salmon Caesar Salad Broccoli Ziti Salad Dinner Roll</p>
		Vanilla Pudding/DB: Diet Vanilla Pudding		Cinnamon Applesauce		Chocolate Chip Cookie/DB: Vanilla Wafers		Tropical Fruit	

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	
<b>Menu Guidelines:</b> Calories, 700-800 calories per meal. Total fat content no more than 30% of calories. Sodium content (mg) of each menu item is listed. No more than 1200mg sodium per whole meal unless noted, (*) indicates higher sodium menu item. Sodium totals include Milk (107mg), Butter (30mg) and Crackers (56mg)		<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.		1	Escarole & Bean Soup 145mg	2		3	
				Potato Crunch Fish	337	*Crumb Topped Macaroni & Cheese	548	*Oven "Fried" Chicken	619
				O'Brien Potatoes	32	Zucchini & Tomatoes	76	Corn	1
				Carrots	77	Garden Salad	169	Collard Greens & Onions	53
				Multigrain Bread	75	Oatmeal Bread	121	Whole Wheat Roll	132
				Fresh Fruit	0	Ambrosia	3	Chocolate Brownie	247
				Total Cals: 859 Total Sodium: 1121mg		Total Cals: 854 Total Sodium: 1053mg		Total Cals: 822 Total Sodium: 1190mg	
6	Chicken & Vegetable Soup 81mg	7		8	Minestrone Soup 239mg	9		10	Florentine Soup 142mg
*Ravioli	784	Beef & Bean Chili	400	Salmon Strips	150	Fruit Cup	1	Broccoli Mushroom Quiche	357
Zucchini & Summer Squash	5	White Rice	5	Lemon Dill Sauce	233	Broccoli/ Cheese Stuffed Chicken	440	Green Beans	3
Multigrain Bread	75	Fiesta Mixed Vegetables	23	Sweet Potatoes	27	Mashed Potatoes	68	Butternut Squash	26
Fresh Fruit	0	Corn Bread Loaf	291	Italian Green Beans	3	Peas & Mushrooms	136	Rye Bread	150
		Lime Mousse w/Topping	1	Whole Wheat Bread	115	Wheat Dinner Roll	132	Peaches	5
				Mandarin Oranges	7	Carrot Cake	221		
Total Cals: 578 Total Sodium: 1138mg		Total Cals: 795 Total Sodium: 858mg		Total Cals:632 Total Sodium: 970mg		<b>High Sodium Meal</b> Total Cals: 877 Total Sodium: 1323mg		Total Cals:778 Total Sodium: 820mg	
13	Cream of Mushroom 194mg	14	Escarole & Bean Soup 145mg	15		16	Chicken Orzo Soup 56mg	17	
Orange Almond Chicken	327	Vegetable Lasagna	370	Beef Stew	325	Alaskan Crunch Pollock	190	*Hot Dog on Roll	763
Browned Rice Pilaf	99	Chicken Meatball	70	Corn	1	Mashed Potatoes	68	Baked Beans	140
Spinach	145	Green Beans	3	Tossed Garden Salad	169	Zucchini & Peppers	5	Cole Slaw	45
Multigrain Bread	75	Scali Bread	123	Wheat Dinner Roll	132	Oatmeal Bread	121	Ambrosia	3
Fresh Fruit	0	Oatmeal Raisin Cookie	75	Tropical Fruit	8	Peaches	5	<b>High Sodium Meal</b>	
Total Cals: 771 Total Sodium: 1033mg		Total Cals: 676 Total Sodium: 1130mg		Total Cals: 635 Total Sodium: 773mg		Total Cals: 907 Total Sodium: 899mg		Total Cals: 822 Total Sodium: 1276mg	
20	Vegetable Barley Spinach 153mg	21		22		23	Minestrone Soup 239mg	24	
Baked Fish	296	American Chop Suey	320	Chicken Scaloppini	344	Meatloaf	116	Lentil Stew	483
Broccoli Cheese Sauce	192	Zucchini & Cauliflower	6	Buttered Ziti	4	Onion Gravy	46	Herbed Brown Rice	4
Butternut Squash	26	Scali Bread	123	Broccoli & Carrots	45	Mashed Potatoes	68	Garden Salad	169
Peas & Onions	75	Pears	5	Oatmeal Bread	121	Beets	185	Multigrain Bread	75
Pumpnickel Bread	176			Birthday Cake	95	Garlic Dinner Roll	134	Fruited Yogurt	75
Fresh Fruit	2					Tropical Fruit	8		
Total Cals: 687 Total Sodium: 1114mg		Total Cals: 927 Total Sodium: 699mg		Total Cals: 592 Total Sodium: 746mg		Total Cals: 982 Total Sodium: 990mg		Total Cals: 767 Total Sodium: 944mg	
27		28	Split Pea Soup 47mg	29	Butternut Squash Soup 101mg	30	Chicken Vegetable Soup 81mg	31	
 <b>No Meals Served Today</b>		*Honey Mustard Chicken	513	Potato Pollack Filet	337	*Stuffed Shells	544	Veggie Burger	480
		Mashed Potatoes	68	Brown Rice Pilaf	110	Chicken Meatball	70	Hamburger Bun	215
		Italian Green Beans	3	Carrots	77	Garden Salad	169	Potato Salad	100
		Oatmeal Bread	121	Multigrain Bread	75	Italian Bread	123	Fresh Ratatouille	116
		Vanilla Pudding	177	Cinnamon Applesauce	3	Chocolate Chip Cookie	60	Tropical Fruit	8
		Total Cals: 978 Total Sodium: 1123mg		Total Cals: 1043 Total Sodium: 1155mg		Total Cals: 732 Total Sodium: 1118mg		Total Cals: 740 Total Sodium: 1122mg	

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

		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>Menu Guidelines:</b> Calories, 700-800 calories per meal. Total fat content no more than 30% of calories. Sodium content (mg) of each menu item is listed. No more than 1200mg sodium per whole meal unless noted, (*) indicates higher sodium menu item. Sodium totals include Milk (107mg), Butter (30mg) and Crackers (56mg)		<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.		1	Escarole & Bean Soup 145mg	2		3	
				*Ham & Swiss	523	California Chicken Salad	272	Roast Beef & Swiss	246
				Rye Bread	300	Wheat Bread	230	Multigrain Bread	150
				English Pea Salad	156	Broccoli, Feta, Orzo	221	Italian Pasta Salad	138
				Garden Salad	169	Cucumber Dill Salad	51	Riviera Salad	92
				Fresh Fruit	0	Ambrosia	3	Chocolate Brownie	247
				<b>High Sodium Meal</b>		Total Cals: 724 Total Sodium: 682mg		Total Cals: 876 Total Sodium: 1036mg	
				Total Cals: 695 Total Sodium: 1514mg					
6	Chicken & Vegetable Soup 81mg	7		8	Minestrone Soup 239mg	9		10	Florentine Soup 142mg
Turkey Mediterranean Salad	447	Chicken Salad	75	Roast Beef & Provolone	349	Egg Salad	136	*Ham/Cheese <b>High Sodium</b>	523
Pita	322	Wheat Bread	230	Multigrain Bread	150	Rye Bread	300	Oatmeal Bread	241
Balsamic Pasta Salad	14	Pasta Salad w/Cheese	312	Broccoli Slaw	145	Potato Salad	100	Macaroni Salad	138
Cucumber Feta Onion	80	Cole Slaw	45	Root Vegetable Salad	86	Tomato Pepper Salad	5	Spinach & Mandarin Salad	206
Fresh Fruit	0	Lime Mousse w/Topping	1	Mandarin Oranges	7	Carrot Cake	221	Peaches	5
Total Cals: 950 Total Sodium: 1051mg		Total Cals: 754 Total Sodium: 771mg		Total Cals: 647 Total Sodium: 1137mg		Total Cals: 823 Total Sodium: 869mg		Total Cals: 819 Total Sodium: 1448mg	
13	Cream of Mushroom 194mg	14	Escarole & Bean Soup 145mg	15		16	Chicken Orzo Soup 56mg	17	
Egg Salad	136	*Turkey & Provolone	511	Chicken Salad	75	Ham Chef Salad	568	*Pesto Chicken Caesar Salad	652
Oat Bread	241	Multigrain Bread	150	Pumpernickel Bread	353	English Pea Salad	156	Garden Shell Pasta Salad	201
Italian Pasta Salad	138	Macaroni Salad	138	Potato Salad	100	Whole Wheat Roll	132	Whole Wheat Roll	132
Carrot Pineapple Salad	97	Squash, Red Onion & Zucchini	6	Spinach Mandarin Salad	206	Peaches	5	Ambrosia	3
Fresh Fruit	0	Oatmeal Raisin Cookie	75	Tropical Fruit	8				
Total Cals: 935 Total Sodium: 970mg		Total Cals: 921 Total Sodium: 1137mg		Total Cals: 630 Total Sodium: 879mg		Total Cals: 806 Total Sodium: 1111mg		Total Cals: 945 Total Sodium: 1126mg	
20	Vegetable Barley Spinach 153mg	21		22		23	Minestrone Soup 239mg	24	
Roast Beef & Swiss	246	*Turkey Deluxe Sandwich	554	*Vegetarian Chef Salad	555	Curry Chicken Salad	72	Egg Salad	136
Wheat Bread	254	Three Bean Salad	34	Pita Pocket	161	Multigrain Bread	150	Rye Bread	300
Potato Salad	100	Cole Slaw	45	Pasta Salad	137	English Pea Salad	156	Lo Mein Pasta Salad	101
Tomato Zucchini	60	Pears	5	Birthday Cake	95	Cucumber, Carrot, Onion Salad	71	Spinach Mandarin Salad	206
Fresh Fruit	2	Total Cals: 453 Total Sodium: 745mg		Total Cals: 744 Total Sodium: 1055mg		Tropical Fruit	8	Fruited Yogurt	75
Total Cals: 812 Total Sodium: 959mg						Total Cals: 607 Total Sodium: 565mg		Total Cals: 642 Total Sodium: 1082mg	
27		28	Split Pea Soup 47mg	29	Butternut Squash Soup 101mg	30	Chicken Vegetable Soup 81mg	31	
 <p><b>No Meals Served Today</b></p>		Egg Salad	136	*Turkey & Provolone	511	Chicken Salad	75	Salmon Caesar Salad	445
		Multigrain Bread	150	Wheat Bread	230	Oat Bread	241	Broccoli Ziti Salad	221
		Corn Salad	189	Macaroni Salad	138	Pasta Veg Salad	142	Dinner Roll	132
		Tomato Zucchini Salad	60	Carrot Pineapple Salad	97	Squash, Zucchini, Red Onion Salad	6	Tropical Fruit	8
		Vanilla Pudding	177	Cinnamon Applesauce	3	Chocolate Chip Cookie	60		
Total Cals: 895 Total Sodium: 923mg		Total Cals: 1022 Total Sodium: 1245mg		Total Cals: 970 Total Sodium: 769mg		Total Cals: 722 Total Sodium: 939mg			

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# Nutrition Tips for Healthy Living! MAY 2019

## Mediterranean Eating for Healthy Living

The Mediterranean style of eating has been voted one of the top most healthful eating patterns for a healthy heart, body and brain. It follows the lifestyle and foods of the countries surrounding the Mediterranean Sea. This is also an region that has many older adults living into the 100's! It emphasizes eating fresh, whole foods, socializing, and being active. The good news is you can enjoy the benefits of a Mediterranean diet right in your own home!



### Top 5 places where people live the longest:

1. Okinawa, Japan
2. Sardinia, Italy
3. Loma Linda, California
4. Nicoya, Costa Rica
5. Ikaria, Greece

(<https://www.aplaceformom.com/blog/2013-03-29-where-people-live-the-longest/>)

### Potential Health Benefits to Mediterranean Diet

Lengthen your life

Improve brain function

Defend you from chronic diseases

Fight certain cancers

Lower your risk for heart disease, high blood pressure and elevated “bad” cholesterol levels

Protect you from diabetes

Weight management

Help with depression

Protect from Alzheimer’s disease

Ward off Parkinson’s disease

Improve rheumatoid arthritis

Improve eye health

Reduce risk of dental disease

Help you breathe better

(source: [oldways.org](http://oldways.org))

### Mediterranean Eating Style Emphasizes:

- Whole Grains like wheat, barley, farro, brown rice, quinoa, oats. Add beans to your dishes, soups, stews, salads. They are all full of fiber!
- Plenty of fruits and vegetables at each meal. Try sliced tomatoes drizzled with olive oil, basil and mozzarella cheese, or sautéed greens with garlic and olive oil, vegetable soups with herbs and spices.
- A variety of herbs and spices like turmeric, garlic, basil, oregano, cinnamon, cayenne if you like spice!
- Healthy fats and oils like olive oil, walnuts, fatty fish, sunflower seeds, nut butters, avocados.
- At least two servings of fish or seafood a week, such as tuna, salmon, mackerel, sardines, anchovies, and clams, oysters and mussels.
- Include moderate amounts of poultry and dairy like Greek yogurt and cheese.
- Plan meals more around whole grains and vegetables, with limited amounts of red meats. Use them more to accompany the meal rather than the main course.
- Use fruit dishes for dessert
- Another part to this eating style, is the lifestyle as well. Including involvement in community, socializing, family, and being active. Taking walks after dinner, dancing, gardening.

(source: [oldways.org](http://oldways.org))