





MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Menu Guidelines: Calories, 700-800 calories per meal. Total fat no more than 30% of cal. Sodium content (mg) s listed. No more than 1200mg sodium per whole meal unless noted, (*) indicates higher sodium item. Sodium totals include Milk (107mg), Butter (30mg) and Crackers (56mg)		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 Vanilla, Chocolate, or Strawberry Call the nutrition office at 617-628-2601 for more information.		1		2		3	
				Potato Crunch Fish	337	*Crumb Topped Macaroni & Cheese	548	*Oven "Fried" Chicken	619
				Newburg Sauce	124	Zucchini & Tomatoes	76	Corn	1
				O'Brien Potatoes	32	Garden Salad	169	Collard Greens & Onions	53
				Carrots	77	Oatmeal Bread	121	Whole Wheat Roll	132
				Multigrain Bread	99	Ambrosia	3	Chocolate Brownie	247
				Fresh Fruit	0				
				Total Cals: 728 Total Sodium: 807mg		Total Cals: 854 Total Sodium: 1053mg		Total Cals: 822 Total Sodium: 1190mg	
6		7		8		9	Mother's Day Special	10	
*Ravioli/Tomato Sauce	784	Beef & Bean Chili	400	Salmon	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	99	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: 467 Total Sodium: 1025mg		Total Cals: 795 Total Sodium: 858mg		Total Cals:524 Total Sodium: 674mg		Total Cals: 1006 Total Sodium: 1365mg		Total Cals:699 Total Sodium: 678mg	
13		14		15		16	Chicken Orzo Soup 56mg	17	
Orange Almond Chicken	327	*Vegetable Lasagna	520	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	High Sodium Meal	
Total Cals: 702 Total Sodium: 808mg		Total Cals: 585 Total Sodium: 929mg		Total Cals: 635 Total Sodium: 773mg		Total Cals: 862 Total Sodium: 993mg		Total Cals: 822 Total Sodium: 1276mg	
20		21		22		23	Minestrone Soup 239mg	24	
Baked Fish	296	American Chop Suey	320	Chicken Scalloppini	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			Chocolate Birthday Cupcake	170	Garlic Dinner Roll	134	Fruited Yogurt	75
Fresh Fruit	2					Tropical Fruit	8		
Total Cals: 605 Total Sodium: 904mg		Total Cals: 927 Total Sodium: 699mg		Total Cals: 740 Total Sodium: 821mg		Total Cals: 982 Total Sodium: 990mg		Total Cals: 785 Total Sodium: 968mg	
27		28		29		30	Chicken Vegetable Soup 81mg	31	
 No Meals Delivered Today		*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: 844 Total Sodium: 1019mg		Total Cals: 854 Total Sodium: 928mg		Total Cals: 732 Total Sodium: 1118mg		Total Cals: 734 Total Sodium: 1117mg	

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.

MEAL CANCELLATIONS: *If MEALS or BROWN BAG is cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789.



		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Menu Guidelines: Calories, 700-800 calories per meal. Total fat no more than 30% of cal. Sodium content (mg) of each menu item is listed. No more than 1200mg sodium per whole meal unless noted, (*) indicates higher sodium item. Sodium totals include Milk (107mg), Butter (30mg) and Crackers (56mg)		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.		1	Vegetable Soup 292mg	2		3	
				*Ham & Swiss	523	California Chicken Salad	272	Roast Beef & Swiss	246
				Rye Bread	300	Wheat Bread	230	Multigrain Bread	150
				Tropical Fruit	8	Broccoli, Feta, Orzo	221	Italian Pasta Salad	138
				High Sodium Meal		Cucumber Dill Salad	51	Riviera Salad	92
				Total Cals: 550 Total Sodium: 1343mg		Fig Bars	99	Mixed Fruit	3
						Total Cals: 696 Total Sodium: 778mg		Total Cals: 712 Total Sodium: 792mg	
6		7		8		9		10	Tomato Soup 375mg
Turkey Mediterranean Salad	447	Chicken Salad	75	Roast Beef & Provolone	349	Egg Salad	136	Ham & Swiss	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	Tropical Fruit	8
Cucumber Feta Onion	80	Cole Slaw	45	Root Vegetable Salad	86	Tomato Pepper Salad	5	High Sodium Meal	
Pineapples	1	Diet Fruited Jello	10	Vanilla Wafers	110	Diet Butterscotch Pudding	161	Total Cals: 546 Total Sodium: 1311mg	
Total Cals: 845 Total Sodium: 970mg		Total Cals: 737 Total Sodium: 780mg		Total Cals: 709 Total Sodium: 952mg		Total Cals: 730 Total Sodium: 809mg			
13	Minestrone Soup 330mg	14		15		16		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	Pumpnickel Bread	353	English Pea Salad	156	Garden Shell Pasta Salad	201
Cinnamon Applesauce	0	Macaroni Salad	138	Potato Salad	100	Whole Wheat Roll	132	Whole Wheat Roll	132
		Squash, Red Onion & Zucchini	6	Spinach Mandarin Salad	206	Pears	5	Fresh Fruit	0
		Diet Chocolate Pudding	161	Angel Food Cake	41				
Total Cals: 571 Total Sodium: 871mg		Total Cals: 857 Total Sodium: 1077mg		Total Cals: 609 Total Sodium: 1039mg		Total Cals: 669 Total Sodium: 999mg		Total Cals: 889 Total Sodium: 1123mg	
20		21		22		23		24	Vegetable Soup 292mg
Roast Beef & Swiss	246	*Turkey Deluxe Sandwich	554	*Vegetarian Chef Salad	555	Curry Chicken Salad	72	Egg Salad	136
Wheat Bread	230	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	Mandarin Oranges	7
Tomato Zucchini	60	Peaches	5	Fresh Fruit	0	Cucumber, Carrot, Onion Salad	71		
Vanilla Wafers	110					Diet Vanilla Pudding	161		
Total Cals: 814 Total Sodium: 858mg		Total Cals: 453 Total Sodium: 745mg		Total Cals: 865 Total Sodium: 1152mg		Total Cals: 612 Total Sodium: 718mg		Total Cals: 502 Total Sodium: 899mg	
27		28		29	Chili Soup 285mg	30		31	
 <p>No Meals Delivered Today</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	Mandarin Oranges	7	Pasta Veg Salad	142	Dinner Roll	132
		Tomato Zucchini Salad	60			Squash, Zucchini & Onion Salad	6	Fresh Fruit	0
		Pear	5			Vanilla Wafers	110		
		Total Cals: 628 Total Sodium: 647mg		Total Cals: 666 Total Sodium: 1200mg		Total Cals: 930 Total Sodium: 682mg		Total Cals: 726 Total Sodium: 947mg	

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Nutrition Tips for Healthy Living! MAY 2019

Mediterranean Eating for Healthy Living

The Mediterranean style of eating is 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 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)

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)