





MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>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>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>1</b> <b>Hot</b> Stuffed Shells Chicken Meatball Garden Salad Blend Vegetables Italian Bread  <b>Cold</b> BBQ Chicken, Onions, Mozzarella Bulkie Roll Pasta Salad Squash, Zucchini, Red Onion Salad		<b>2</b> Split Pea Soup  <b>Hot</b> Beef Steak Mushroom Gravy Mashed Potatoes Mixed Vegetables Rye Bread  <b>Cold</b> Salmon Salad over Garden Salad Italian Pasta Salad Dinner Roll	
<b>5</b> Cream of Mushroom		<b>6</b> Vegetable Rice Soup		<b>7</b> <b>Summer Special</b>		<b>8</b> Chicken Mixed Bean Soup		<b>9</b>	
<b>Hot</b> Roast Turkey w/Gravy Cranberry Sauce Mashed Potatoes Peas & Onions Wheat Bread	<b>Cold</b> Tuna Salad Rye Bread Orzo Veg. Salad Cauliflower Carrot Salad	<b>Hot</b> Crunch Pollock Butternut Squash Tuscany Blend Vegetables Rye Bread	<b>Cold</b> Turkey & Swiss Oat Bread Summer Squash Salad Balsamic Pasta Salad	<b>Hot</b> Oven "Fried" Chicken Mac & Cheese Stewed Tomatoes Garden Salad Whole Wheat Bread <b>Higher Sodium Meal</b>	<b>Cold Alt.</b> Roast Beef & Provolone Multigrain Bread Summer Potato Salad Broccoli Slaw	<b>Hot</b> Spinach Red Pepper & Broccoli Quiche Parsley Potatoes Italian Green Beans Dinner Roll	<b>Cold</b> Curry Chicken Salad Wheat Bread English Pea Salad Root Vegetable Salad	<b>Hot</b> American Chop Suey Fresh Broccoli & Cauliflower Scali Bread	<b>Cold</b> Cottage Cheese Fruit Plate Tricolor Pasta Salad Blueberry Snack Loaf
Tropical Fruit		Sugar Cookie/DB: Lorna Doones		Watermelon		Fresh Fruit		Chocolate Pudding/DB: Diet Choc. Pudding	
<b>12</b> Chicken Vegetable Soup		<b>13</b> Mushroom Barley Soup		<b>14</b>		<b>15</b> Italian Garden Soup		<b>16</b>	
<b>Hot</b> Swedish Meatballs Egg Noodles Mixed Vegetables Wheat Bread	<b>Cold</b> Turkey Mediterranean Salad Summer Squash Salad Scali Bread	<b>Hot</b> Creole Fish Rice & Beans Collard Greens & Onions Oat Bread	<b>Cold</b> Vegetarian Chef Salad Macaroni Salad Wheat Roll	<b>Hot</b> Crumb Topped Macaroni & Cheese Zucchini & Tomatoes Garden Salad Rye Bread	<b>Cold</b> Roast Beef & Swiss Wheat Bread Potato Salad Spinach Mandarin Orange Salad	<b>Hot</b> Chicken Cacciatore Roasted Potatoes Spinach & Mushrooms Scali Bread	<b>Cold</b> Egg Salad Oat Bread Broccoli, Feta, & Orzo Salad Carrot Raisin Salad	<b>Hot</b> Hot Dog on Roll Baked Beans Cole Slaw <b>High Sodium Meal</b>	<b>Cold</b> Chicken Salad Rye Bread Pasta Veg Salad Chickpea, Tomato & Cucumber Salad
Tropical Fruit		Ambrosia		Fresh Fruit		Peaches		Vanilla Pudding/DB: Diet Vanilla Pudding	
<b>19</b> Kale Pasta Soup		<b>20</b> Beef w/Vegetable Soup		<b>21</b>		<b>22</b> Lentil Spinach Soup		<b>23</b>	
<b>Hot</b> Aloha Chicken Drumsticks Red Bliss Potatoes Vegetable Blend Wheat Bread	<b>Cold</b> Egg Salad Rye Bread Potato Salad Squash, Zucchini, Red Onion Salad	<b>Hot</b> BBQ Pulled Pork Rice & Beans Collard Greens Corn Bread <b>High Sodium Meal</b>	<b>Cold</b> Salmon Caesar Salad Macaroni Salad Scali Bread	<b>Hot</b> White Bean Kale Stew Veg Bread Roll Garden Salad	<b>Cold</b> California Chicken Salad Oatmeal Bread Tricolor Pasta Salad Spinach Mandarin	<b>Hot</b> Baked Haddock Newburg Sauce Mashed Potatoes Ratatouille Multigrain Bread	<b>Cold</b> Roast Beef & Provolone Wheat Bread Three Bean Salad Cucumber, Feta, Onion	<b>Hot</b> Stuffed Peppers Zucchini and Summer Squash Italian Bread	<b>Cold</b> Chef Salad w/Turkey Garden Shell Pasta Salad Dinner Roll
Pears		Mandarin Oranges		Vanilla Birthday Cake/DB: Unfrosted Cake		Fresh Fruit		Fruited Yogurt	
<b>26</b> Split Pea Soup		<b>27</b> Oriental Vegetable Soup		<b>28</b>		<b>29</b>		<b>30</b> Cream of Butternut Squash	
<b>Hot</b> Broccoli Cheese Fish Green Beans & Red Peppers Butternut Squash Wheat Dinner Roll	<b>Cold</b> Ham & Swiss Wheat Bread Italian Pasta Salad Squash, Red Onion Salad	<b>Hot</b> Teriyaki Chicken Lo Mein Broccoli Oatmeal Bread	<b>Cold</b> Egg Salad Oatmeal Bread Corn Salad Cauliflower Carrot Salad	<b>Hot</b> Beef Stew Corn Tossed Salad Oat Bread	<b>Cold</b> Chicken Breast Over Garden Salad Tri Color Pasta Salad Scali Bread/butter	<b>Hot</b> Stuffed Shells Chicken Meatball Tuscan Style Blend Dinner Roll	<b>Cold</b> Turkey Deluxe Bulkie Roll Potato Salad Cucumber, Feta, Onion Salad	<b>Hot</b> Meatloaf Brown Gravy Mashed Potatoes Beets Wheat Bread	<b>Cold</b> Tuna Salad Multigrain Bread English Pea Salad Garden Salad
Chocolate Brownie/DB: Lorna Doones		Fresh Fruit		Tropical Fruit		Chocolate Pudding/DB: Diet Choc. Pudding		Peaches	

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		2 Split Pea Soup 47mg	
5 Cream of Mushroom 194mg		6 Vegetable Rice Soup 106mg		7 <b>Summer Special</b>		8 Chicken Mixed Bean Soup 128mg		9	
Roast Turkey w/Gravy 494 Cranberry Sauce 4 Mashed Potatoes 68 Peas & Onions 75 Wheat Bread 115 Tropical Fruit 8	Crunch Fish Filet 210 Butternut Squash 26 Tuscany Blend Vegetables 47 Rye Bread 150 Sugar Cookie 70	*Oven "Fried" Chicken 619 Mac & Cheese 199 Stewed Tomatoes 251 Garden Salad 169 Whole Wheat Bread 115 Watermelon 2		Spinach Red Pepper & Broccoli 318 Quiche 8 Parsley Potatoes 3 Italian Green Beans 132 Dinner Roll 0 Fresh Fruit 0		American Chop Suey 320 Broccoli & Cauliflower 14 Scali Bread 123 Chocolate Pudding 177		Total Cals: 774 Total Sodium: 1096mg	
Total Cals: 774 Total Sodium: 1096mg		Total Cals: 671 Total Sodium: 926mg		Total Cals: 735 Total Sodium: 1493mg		Total Cals: 831 Total Sodium: 784mg		Total Cals: 857 Total Sodium: 846mg	
12 Chicken Vegetable Soup 97mg		13 Mushroom Barley Soup 146mg		14		15 Italian Garden Soup 142mg		16	
Swedish Meatballs 239 Egg Noodles 40 Mixed Vegetables 56 Wheat Bread 115 Tropical Fruit 8	Creole Fish 242 Rice & Beans 78 Collard Greens & Onions 53 Oat Bread 121 Ambrosia 3	*Crumb Topped Macaroni & Cheese 548 Zucchini & Tomatoes 75 Garden Salad 169 Rye Bread 150 Fresh Fruit 0		*Chicken Cacciatore 568 Roasted Potatoes 4 Spinach & Mushrooms 160 Scali Bread 123 Peaches 5		*Hot Dog on Roll 763 Baked Beans 140 Cole Slaw 45 Vanilla Pudding 177		Total Cals: 843 Total Sodium: 749mg	
Total Cals: 843 Total Sodium: 749mg		Total Cals: 836 Total Sodium: 836mg		Total Cals: 796 Total Sodium: 1080mg		Total Cals: 648 Total Sodium: 1196mg		Total Cals: 891 Total Sodium: 1450mg	
19 Kale Pasta Soup 42mg		20 Beef w/Vegetable Soup 144mg		21		22 Lentil Spinach Soup 139mg		23	
Aloha Chicken Drumsticks 344 Red Bliss Potatoes 8 Summer/Spring Vegetable Blend 67 Wheat Bread 115 Pears 5	*BBQ Pulled Pork 678 Rice & Beans 78 Collard Greens 53 Corn Bread 291 Mandarin Oranges 7	White Bean & Kale Stew 446 Veg Pinwheel Roll 4 Garden Salad 169 Vanilla Birthday Cake 95		Baked Haddock 296 Newburg Sauce 124 Mashed Potatoes 68 Ratatouille 116 Multigrain Bread 75 Fresh Fruit 2		Beef Stuffed Peppers 189 Fresh Zucchini 4 Summer Squash 26 Italian Bread 123 Fruited Yogurt 90		Total Cals: 650 Total Sodium: 775mg	
Total Cals: 650 Total Sodium: 775mg		Total Cals: 973 Total Sodium: 1444mg		Total Cals: 616 Total Sodium: 1028mg		Total Cals: 653 Total Sodium: 982mg		Total Cals: 596 Total Sodium: 705mg	
26 Split Pea Soup 47mg		27 Oriental Vegetable Soup 406mg		28		29		30 Butternut Squash Soup 101mg	
Broccoli Cheese Fish 450 Green Beans & Red Peppers 4 Butternut Squash 26 Wheat Dinner Roll 132 Chocolate Brownie 247	*Teriyaki Chicken Lo Mein 448 Fresh Broccoli 9 Oatmeal Bread 121 Fresh Fruit 0	Beef Stew 325 Corn 1 Tossed Salad 169 Oat Bread 121 Tropical Fruit 8		*Stuffed Shells 544 Chicken Meatball 70 Tuscan Style Blend 47 Dinner Roll 132 Chocolate Pudding 177		Meatloaf 116 Brown Gravy 46 Mashed Potatoes 68 Beets 185 Wheat Bread 115		Total Cals: 832 Total Sodium: 1101mg	
Total Cals: 832 Total Sodium: 1101mg		Total Cals: 828 Total Sodium: 1178mg		Total Cals: 602 Total Sodium: 761mg		Total Cals: 760 Total Sodium: 1108mg		Total Cals: 933 Total Sodium: 829mg	

For nutrition information on the menus, 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 *BBQ Chicken, Onions, Mozzarella 819 Bulkie Roll 330 Pasta Salad 142 Squash, Zucchini, Onion Salad 6 Fresh Fruit 0		2 Split Pea Soup 47mg	
<b>High Sodium Meal</b> Total Cals: 922 Total Sodium: 1396mg						<b>High Sodium Meal</b> Total Cals: 922 Total Sodium: 1396mg		Total Cals: 993 Total Sodium: 1114mg	
5 Cream of Mushroom 194mg		6 Vegetable Rice Soup 106mg		7		8 Chicken Mixed Bean Soup 128mg		9	
Tuna Salad 241 Rye Bread 300 Orzo Veg. Salad 13 Cauliflower Carrot Salad 96 Tropical Fruit 8 Total Cals: 672 Total Sodium: 960mg		Turkey & Swiss 408 Oat Bread 241 Summer Squash Salad 42 Balsamic Pasta Salad 14 Sugar Cookie 70 Total Cals: 933 Total Sodium: 1049mg		Roast Beef & Provolone 349 Multigrain Bread 150 Summer Potato Salad 65 Broccoli Slaw 145 Watermelon 2 Total Cals: 585 Total Sodium: 873mg		Curry Chicken Salad 72 Wheat Bread 230 English Pea Salad 156 Root Vegetable Salad 86 Fresh Fruit 0 Total Cals: 798 Total Sodium: 836mg		Cottage Cheese Fruit Plate 180 Tricolor Pasta Salad 59 Blueberry Snack Loaf 160 Chocolate Pudding 177 Total Cals: 812 Total Sodium: 714mg	
12 Chicken Vegetable Soup 97mg		13 Mushroom Barley Soup 146mg		14		15 Italian Garden Soup 142mg		16	
*Turkey Mediterranean Salad 519 Summer Squash Salad 42 Scali Bread 123 Tropical Fruit 8 Total Cals: 872 Total Sodium: 1027mg		*Vegetarian Chef Salad 555 Macaroni Salad 138 Wheat Roll 132 Ambrosia 3 Total Cals: 912 Total Sodium: 1174mg		Roast Beef & Swiss 246 Wheat Bread 230 Potato Salad 100 Spinach Mandarin Orange Salad 206 Fresh Fruit 0 Total Cals: 731 Total Sodium: 1050mg		Egg Salad 136 Oat Bread 241 Broccoli, Feta, & Orzo Salad 221 Carrot Raisin Salad 137 Peaches 5 Total Cals: 876 Total Sodium: 1046mg		Chicken Salad 75 Rye Bread 300 Pasta Veg Salad 142 Chickpea, Tomato & Cucumber 109 Vanilla Pudding 177 Total Cals: 931 Total Sodium: 911mg	
19		20 Beef w/Vegetable Soup 144mg		21		22 Lentil Spinach Soup 139mg		23	
Egg Salad 136 Rye Bread 300 Potato Salad 100 Squash, Zucchini, Onion Salad 6 Pears 5 Total Cals: 731 Total Sodium: 749mg		Salmon Caesar Salad 455 Macaroni Salad 138 Scali Bread 123 Mandarin Oranges 7 Total Cals: 945 Total Sodium: 1060mg		California Chicken Salad 70 Oatmeal Bread 241 Tricolor Pasta Salad 59 Spinach Mandarin 206 Vanilla Birthday Cake 95 Total Cals: 768 Total Sodium: 783mg		Roast Beef & Provolone 349 Wheat Bread 230 Three Bean Salad 34 Cucumber, Feta, Onion 71 Fresh Fruit 2 Total Cals: 726 Total Sodium: 992mg		Chef Salad w/Turkey 447 Garden Shell Pasta Salad 201 Dinner Roll 132 Fruited Yogurt 75 Total Cals: 909 Total Sodium: 994mg	
26 Split Pea Soup 47mg		27 Oriental Vegetable Soup 406mg		28		29		30 Butternut Squash Soup 101mg	
*Ham & Swiss 523 Wheat Bread 230 Italian Pasta Salad 138 Squash, Zucchini, Onion Salad 6 Chocolate Brownie 247 Total Cals: 900 Total Sodium: 1164mg		*Egg Salad 136 Oatmeal Bread 241 Corn Salad 189 Cauliflower Carrot Salad 96 Fresh Fruit 0 <b>High Sodium Meal</b> Total Cals: 754 Total Sodium: 1327mg		Chicken Breast Over Garden Salad 489 Tri Color Pasta Salad 59 Scali Bread 123 Tropical Fruit 8 Total Cals: 619 Total Sodium: 816mg		*Turkey Deluxe 554 Bulkie Roll 294 Potato Salad 100 Cucumber, Feta, Onion Salad 80 Chocolate Pudding 177 Total Cals: 707 Total Sodium: 1019mg		Tuna Salad 241 Multigrain Bread 150 English Pea Salad 156 Garden Salad 169 Peaches 5 Total Cals: 659 Total Sodium: 985mg	

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



# Nutrition Tips for Healthy Living! AUGUST 2019

## Healthy Incentive Program for Using SNAP at Farmers Markets

### Healthy Incentives Program (HIP) for clients

Eating fruits and vegetables each day is important for your health. The Healthy Incentives Program (HIP) helps you buy more fruits and vegetables for your household. You can use your SNAP benefits to buy fruits and vegetables from a HIP authorized farm or vendor. You will receive \$1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit. You can earn HIP incentives at participating agricultural retailers.

### How does HIP work?

If you are a SNAP household you will be automatically enrolled in HIP.

You can use your SNAP benefits to buy fruits and vegetables from a HIP authorized farm or vendor. Look for the HIP logo or ask the vendor if they participate in the program before you pay for your purchase.

You will receive \$1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit. You can earn HIP incentives at participating:

- Farmers' markets
- Farm stands
- Mobile markets
- Community supported agriculture (CSA) farm share programs

**Important:** You must have a SNAP balance to earn the HIP incentive benefit.

Your monthly cap is based on your household size.

Household Size	HIP Monthly Cap
1-2 persons	\$40
3-5 persons	\$60
6+ persons	\$80



Your receipt will show you the amount of your HIP incentive benefit after each eligible purchase.

This amount will be credited back to your SNAP account. Use this extra benefit right away or save it for another shopping trip.

There are no limitations on where you can use your HIP incentive dollars. This benefit may be used anywhere SNAP is accepted.

You can call the EBT customer service line at (800) 997-2555 to find out how much you earned through HIP each month.

### For more information

If you are a SNAP client and want more information on HIP, call Project Bread Food Source Hotline at (800) 645-8333 or go to the website below.

Source:

<https://www.mass.gov/service-details/healthy-incentives-program-hip-for-clients>

### Zucchini with Walnuts

Ingredients:

- 4 medium zucchini, washed and stems removed
- ½ tablespoon vegetable oil
- 1 tablespoon walnuts, chopped
- 2 teaspoons fresh thyme leaves or
- 1 teaspoon dried thyme leaves, crushed
- 1 lemon, grated peel and juice
- Black pepper to taste
- ½ teaspoon salt



1. Wash zucchini. Cut in quarters lengthwise, then cut into ¾ inch chunks.
2. Heat oil in medium-size skillet over medium-high heat.
3. Add zucchini and sauté, stirring constantly.
4. When zucchini is almost tender, add walnuts and thyme and cook for about 1 minute.
5. Season with lemon juice, grated lemon peel, black pepper and salt.

Source: <http://extension.umass.edu/nutrition/recipes/zucchini-walnuts>