**June 2020 Soft Menu**

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>1 Potato Fish Filet Tartar Sauce Sweet Potatoes Broccoli</td>
<td>2 Chicken Parmesan Marinara Pasta Green Beans</td>
<td>3 Beef Hot Dog Mustard/Relish Baked Beans Carrots</td>
<td>4 Swedish Chicken Meatballs Whipped Potatoes Steamed Beets</td>
<td>5 Garlic Fish Broccoli Mashed Potatoes</td>
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<tr>
<td>8 Chicken Pot Pie w/Peas and Carrots Red Bliss Potatoes</td>
<td>9 Chicken with Smokey Tomato Sauce Mashed Potatoes Carrots</td>
<td>10 Stuffed Shells Marinara Sauce Roasted Cauliflower</td>
<td>11 Father’s Day Special BBQ Chicken Macaroni &amp; Cheese Sweet Potato Wedges</td>
<td>12 Lemon Citrus Chicken w/Herbs Red Bliss Potatoes Mixed Vegetables</td>
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<tr>
<td>15 Meatballs &amp; Pasta Marinara Zucchini Pasta</td>
<td>16 Turkey w/Gravy Cranberry Sauce Whipped Potatoes Peas &amp; Carrots</td>
<td>17 Lower Sodium Sausage Sandwich w/ Onions &amp; Peppers Mashed Potatoes Mixed Vegetables</td>
<td>18 Egg Salad Butternut Squash Salad Confetti Cole Slaw</td>
<td>19 Greek Chicken Orzo Stewed Tomatoes</td>
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<tr>
<td>22 Salmon with Calypso Sauce Mashed Potatoes Broccoli</td>
<td>23 Tarragon Chicken Salad Ditalini Pea Salad Carrots</td>
<td>24 Salisbury Steak With Gravy Whipped Potatoes Summer Squash Blend</td>
<td>25 BBQ Chicken Sweet Potatoes Brussel Sprouts</td>
<td>26 Lasagna Marinara Sauce Green Beans</td>
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<tr>
<td>29 Chicken Cordon Blu w/Supreme Sauce Mashed Potatoes Brussel Sprouts</td>
<td>30 American Chop Suey Onions &amp; Peppers Zucchini</td>
<td>ALL MENUS ARE SUBJECT TO CHANGE</td>
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</tr>
</tbody>
</table>

Please call to cancel meals by noon the day before. For more information visit www.eldercare.org
Eating for Good Health during Social Distancing

Social distancing has changed daily routines, including eating, for many of us. With some planning and creativity, it is still possible to eat healthfully to be able to maintain good health.

Shop your Refrigerator First:

- Plan Meals Based on the Foods You Already Have
- Looking for healthful ways to reduce your trips to the store? Get creative with what you have on hand. Check the refrigerator, freezer and pantry for foods that need to be used up. Leftover meats and veggies can be added to soups, salads, or sandwiches.
- You can save leftovers for a meal later in the week or frozen. Keep in mind that leftovers should be used within three to four days and reheated to a minimum internal temperature of 165 degrees Fahrenheit.

Groceries

- If you must go inside a store, you reduce the amount of time you spend there by making a list according to the section of the store these items are located in.
- Choose a mix of shelf-stable, frozen and fresh. Shelf-stable options include rice, pastas, legumes, nut butters, canned and dry goods.
- Prepare for the unexpected—supermarkets are running low on many items. Be ready with a back-up plan if an ingredient you need is unavailable.
- Many stores offer disinfectant wipes to clean your hands and wipe down cart and basket handles before shopping, or you can use your own wipes and hand sanitizer.
- You can also try online grocery ordering for delivery or pick-up if available. Be sure to wash your hands thoroughly after putting away your food.
- Canned and frozen fruits and vegetables provide similar nutrients as fresh. Go for low sodium canned veggies and fruits canned in juice or water if available.
- If the store has run out of frozen items like vegetables, fruits, chicken, or fish, you can purchase fresh versions and freeze them. Breads and muffins, whether packaged or homemade, also freeze well for several months.
- Vegetables such as broccoli, asparagus, green beans, carrots, and Brussels sprouts freeze well as do fruits like bananas, all berries, cantaloupe, and pineapple. Chop into bite-size pieces and place in a freezer bag. Puree to meet texture needs.


[https://www.choosemyplate.gov/coronavirus](https://www.choosemyplate.gov/coronavirus)