# Meals-on-Wheels Cold Supper Menu October 2020

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

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>Please call SCES Nutrition Department to cancel meals by noon the day before to help prevent food waste and cost, at 617-628-2601</td>
<td>Did you know you may purchase Ensure® nutrition drink supplement through SCES? Ensure® $29.00/case of 24 Ensure® Plus $31.00/case of 24 Glucerna Diabetic $40.00/case of 24 Flavors: Strawberry, Vanilla, Chocolate Call the Age Info Dept at 617-628-2601 for more information.</td>
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| 12 Columbus Day  
No Meals Delivered | 13 | 14 | 15 Ham & Cheese on Roll  
Mustard  
Potato Salad  
Cole Slaw  
Diet Tapioca Pudding  
Calories:  
Sodium: | 16 Tuna Salad  
On Wheat Bread  
Italian Pasta Salad  
Zucchini Squash Red Onion Salad  
Diet Fruited Gelatin/Topping  
Calories:  
Sodium: |
| 19 Egg Salad  
On Oat Bread  
German Potato Salad  
Carrot Raisin Salad  
Fresh Fruit  
Calories:  
Sodium: | 20 Chicken Salad  
On Oat Bread  
English Pea Salad  
Cucumber Feta Onion Salad  
Cookies  
Calories:  
Sodium: | 21 Roast Beef & Swiss  
On Multigrain Bread  
Spinach Mandarin Salad  
Italian Pasta Salad  
Diet Chocolate Pudding  
Calories:  
Sodium: | 22 Turkey, Cranberry & Fresh Spinach & Cheese on a Roll  
Macaroni Salad  
Cole Slaw  
Mandarin Oranges  
Calories:  
Sodium: |
| 26 Turkey & Swiss  
On Rye Bread  
Tri Color Pasta Salad  
Cauliflower Carrot Salad  
Fresh Fruit  
Calories:  
Sodium: | 27 Chicken Salad  
On Wheat Bread  
German Potato Salad  
Chickpea, Cucumber Tomato Salad  
Applesauce  
Calories:  
Sodium: | 28 Egg Salad  
On Multigrain Bread  
Three Bean Salad  
Cole slaw  
Vanilla Wafer Cookies  
Calories:  
Sodium: | 29 Italian Tuna Salad  
On Scali Bread  
Spinach Mandarin Salad  
Macaroni Salad  
Diet Pistachio Pudding  
Calories:  
Sodium: |
| 30 Grilled Chicken over Garden Salad  
Dinner Roll/Butter  
Pasta Salad  
Tropical Mix Fruit  
Calories:  
Sodium: | 31 | 32 | 33 | 34 |

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Menu subject to change without notice.
Nutrition Tips for Healthy Living! October 2020

Home Delivered Meals Update & Food Safety

Food Safety Tips for Home Delivered Meals

1) Hot or cold perishable foods can make you sick when not stored properly.
2) When food is delivered it should be eaten immediately or refrigerated right away if to be eaten later in day, please refrigerate them upon delivery until ready to eat.
3) Maintain refrigerator temperature at or below 40°F for storing chilled foods properly and safely, and freezers should be at 0°F or below. An appliance thermometer is helpful to ensure this.
4) Remember, throw food away that has been left out in room temperature for 2 hours or longer.
5) Eat refrigerated leftovers within 4 days.
6) If you do not think you will eat the leftovers within 4 days, label, date and freeze them right away instead.
7) Never thaw food on counter-top in room temperature. Thaw food in refrigerator, or in microwave. If using microwave, food must then be cooked immediately.
8) Reheat food thoroughly, at least to internal temperature of 165°F or until hot and steaming.
9) If using microwave oven, you may loosely cover food, and stir or rotate halfway during the cooking process for even cooking.
10) Be sure to wash hands with soap and warm water for at least 20 seconds before handling food and eating.


***Home Delivered Meals Update***

Starting mid-October hot meals will now be arriving chilled, and our Cold Sandwich Supper meals will be returning. We hope this will help improve overall taste, texture, quality, and delivery. Please see re-heating instructions below for chilled meals. If meals are to be eaten later in day, please refrigerate them upon delivery until ready to eat.

Re-heating Instructions:
- Refrigerate or eat meals immediately.
- Do NOT use toaster oven to reheat home delivered meals
- Reheat in Oven – Set oven at 350°F, bake for 10-20 minutes.
- Reheat in Microwave - Peel back plastic film to vent steam, reheat in microwave 2-3 minutes. Stir for even cooking. Microwave oven times will vary.

ENJOY!

Nutrition Guidelines for Menu:
- Meals are planned to provide 1/3 the recommended dietary allowance
- Calories range 700-800 calories per meal.
- Total fat content no more than 30%/Cals.
- Total Calories and Sodium for each meal is provided on menu.
- Meals are “No Added Salt” regular menus.
- Meals do not exceed 1200mg sodium per meal, unless noted.
- Entrée over 500mg sodium are marked with asterisk (*).
- Sodium totals include milk, crackers, and condiments where applicable.

For more nutrition information on the menus visit www.eldercare.org