Menu Schedule:

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 2</td>
<td>Cranberry Chicken Broccoli</td>
<td>American Chop Suey Italian Blend Vegetables Whole Wheat Dinner Roll Fresh Fruit</td>
<td>Beef Stroganoff Vegetable Ratatouille Buttered Noodles Rye Bread Tropical Fruit</td>
<td>Baked Fish Scarpariello Butternut Squash Zucchini Red Peppers LS Wheat Bread/Juice Cinnamon Applesauce</td>
<td>Roast Turkey &amp; LS Gravy Sweet Potatoes Green Beans LS Wheat Bread/Gravy Diet Gelatin/Topping</td>
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<tr>
<td>Week 3</td>
<td>Vegetable Lasagna Chicken Meatball Carrots Oat Bread Peaches/Apple Juice</td>
<td>Chicken al ‘Orange Mashed Potatoes Green Beans Multigrain Bread Mixed Fruit 723 Calories 771 mg Sodium</td>
<td>Potato Crunch Fish Filet Florentine Sauce Butternut Squash/Peas LS Wheat Bread Applesauce 722 Calories 700 mg Sodium</td>
<td>Beef Stew Mixed Fiesta Veg Blend Wheat Roll Diet Vanilla Pudding 760 Calories 877 mg Sodium</td>
<td>Chicken Vegetable Stir Fry White Rice Rye Bread Pears 545 Calories 545 mg Sodium</td>
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<tr>
<td>Week 4</td>
<td>Turkey Marsala Peas &amp; Onions White Rice Multigrain Bread Mixed Fruit</td>
<td>Meatloaf &amp; LS Gravy Sweet Potatoes Green Beans LS Wheat Bread Diet Fruited Gelatin/Topping 731 Calories 461 mg Sodium</td>
<td>Chicken Vegetable Sauté Italian Roasted Potatoes Spinach Rye Bread/Apple Juice Tropical Fruit Mix 646 Calories 861 mg Sodium</td>
<td>Swedish Meatballs Over Noodles Zucchini &amp; Red Peppers Scali Bread Applesauce 659 Calories 597 mg Sodium</td>
<td>Lemon Pepper Fish Peas Tuscan Blend Vegetables Oat Bread Fresh Fruit 535 Calories 575 mg Sodium</td>
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<tr>
<td>Week 4</td>
<td>Beef Burgundy Roasted Potatoes Zucchini &amp; Cauliflower Dinner Roll Tropical Mixed Fruit</td>
<td>Lentil Stew Green Beans Italian Bread Diet Gelatin/Topping 752 Calories 900 mg Sodium</td>
<td>Chicken Scallopini Noodles Spinach LS Wheat Bread Applesauce 655 Calories 859 mg Sodium</td>
<td>Roast Turkey/LS Gravy Mashed Potatoes Mixed Vegetables Rye Bread Peaches 690 Calories 893 mg Sodium</td>
<td>Potato Crunch Fish Filet Dijon Wine Sauce Carrots &amp; Peas Multigrain Bread Vanilla Wafer Cookies 823 Calories 1066 mg Sodium</td>
</tr>
</tbody>
</table>

Please call by noon the day before to cancel meals to help prevent food waste and costs. Menu Subject to change.

Meal Cancellation Weather Hot Line: Call 617-628-2614, ext. 6789 to see if meals are cancelled due to weather. See back for more info.>
Cardiac Menu Description:

- Sufficient calories and nutrients based on 1/3 of the Recommended Dietary Allowances for older adults.
- No more than 20-25% of daily calories from fats. LF = Low Fat
- Sodium controlled, approximately to be about 700-800 mg per meal. LS = Low Sodium
- Total sodium includes milk (103mg) and margarine (94mg)
- No salt is used in preparation, and low salt ingredients are used.
- Desserts are controlled for sugar (carbohydrate) content.
- Fruits and vegetables rich in vitamin A & C.
- Breads are enriched or whole grain.
- 8 ounces of Skim Milk is provided.
- “Trans-fat” free margarine included.

Heating Instructions:
Reheat and enjoy meals right away or refrigerate upon delivery for later.

Heating Options:
*Do NOT use toaster oven to reheat meal*

Microwave oven:
- Peel back lid or slit film to vent steam
- Re-heat in microwave 2 - 3 minutes; stir halfway for even cooking.
- Microwave oven times may vary

Conventional oven:
- Place meal on a cookie sheet and set oven at 350 degrees F for 10 minutes maximum

Re-heating FROZEN meals:
- In microwave, peel back lid or slit film to vent. Heat frozen meals in microwave for 3 - 5 minutes maximum on high. Stir halfway.
- In conventional oven, place meal on cookie sheet and set oven at 350 degrees F for 30 minutes maximum

A Registered Dietitian is available if you have any questions regarding your meals or special diet. Call the SCES Nutrition Department at 617-628-2601.

Purchase Ensure® Nutrition Drink Supplement by the case from SCES:

- Regular Ensure® - $29.00/24 drinks
- Diabetic Ensure® (Glucerna) - $40.00/24 drinks
- Ensure Plus® - $31.00/24 drinks (special order)

No delivery charge for Meals-on-Wheels clients. There is a $2.50 delivery charge for all others. For more information, call SCES Age Info Dept at 617-628-2601.