## Weekly Menu Schedule:

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Cranberry Chicken Broccoli Brown Rice Wheat Bread Cookies 873 Calories 908 mg Sodium</td>
<td>American Chop Suey Italian Blend Vegetables Whole Wheat Dinner Roll Fresh Fruit 990 Calories 641 mg Sodium</td>
<td>Beef Steak &amp; Gravy Vegetable Ratatouille Noodles Rye Bread Mandarin Oranges 805 Calories 576 mg Sodium</td>
<td>Baked Fish with Scarpariello Sauce Butternut Squash Zucchini Red Peppers Wheat Bread/Juice Cinnamon Applesauce 614 Calories 520 mg Sodium</td>
<td>Roast Turkey &amp; LS Gravy Sweet Potatoes Green Beans Oat Bread Gelatin/Topping 623 Calories 872 mg Sodium</td>
</tr>
<tr>
<td>Week 2</td>
<td>Chicken Meatballs over Ziti/Tomato Sauce Carrots Oat Bread Peaches 675 Calories 769 mg Sodium</td>
<td>Chicken al 'Orange Corn Green Beans Multigrain Bread Mixed Fruit 614 Calories 709 mg Sodium</td>
<td>Potato Crunch Fish with Florentine Sauce Butternut Squash Peas Wheat Bread Applesauce 702 Calories 700 mg Sodium</td>
<td>Beef Stew Mixed Veg Blend Wheat Roll Diet Gelatin 716 Calories 683 mg Sodium</td>
<td>Chicken Stir Fry White Rice Zucchini &amp; Cauliflower Lite Rye Bread Pears 564 Calories 550 mg Sodium</td>
</tr>
<tr>
<td>Week 3</td>
<td>Turkey Marsala Mixed Vegetables White Rice Multigrain Bread Mandarin Oranges 605 Calories 828 mg Sodium</td>
<td>Meatloaf &amp; LS Gravy Sweet Potato Green Beans Wheat Bread Fruited Gelatin 742 Calories 504 mg Sodium</td>
<td>Chicken Vegetable Sauté Italian Roasted Potatoes Spinach Rye Bread Tropical Fruit Mix 593 Calories 878 mg Sodium</td>
<td>Chicken Meatballs/Gravy Over Noodles Zucchini &amp; Red Peppers Scali Bread Applesauce 686 Calories 619 mg Sodium</td>
<td>Lemon Pepper Fish Peas Tuscan Blend Vegetables Oat Bread Fresh Fruit 560 Calories 580 mg Sodium</td>
</tr>
<tr>
<td>Week 4</td>
<td>Beef Burgundy Roasted Potatoes Zucchini &amp; Cauliflower Dinner Roll Tropical Mix Fruit 849 Calories 441 mg Sodium</td>
<td>Lentil Stew Green Beans Italian Bread Gelatin 763 Calories 895 mg Sodium</td>
<td>Chicken Scallopini Noodles Spinach Wheat Bread Applesauce 644 Calories 908 mg Sodium</td>
<td>Roast Turkey/LS Gravy Noodles Mixed Vegetables Rye Bread Peaches 625 Calories 855 mg Sodium</td>
<td>Potato Crunch Fish with Dijon Wine Sauce Carrots &amp; Peas Multigrain Bread Vanilla Wafers 862 Calories 1078 mg Sodium</td>
</tr>
</tbody>
</table>

**No meals delivered on these holiday dates: Nov. 27, Dec. 25, and Jan. 1**
**Low Lactose Menu Description:**
- All menu items are dairy/lactose free.
- Sufficient calories and nutrients based on 1/3 of the Recommended Dietary Allowances for older adults.
- No more than 30-35% of daily calories from fats. LF = Low Fat
- Sodium controlled, no more than 1200 mg per meal. LS = Low Sodium
- No salt used in preparation, and low sodium ingredients are used.
- Fruits and vegetables rich in vitamin A & C.
- Breads are enriched or whole grain (WG).
- 8 ounces of Lactaid Milk (lactose-free).

**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

**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)

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.