





MONDAY sodium		TUESDAY sodium		WEDNESDAY sodium		THURSDAY sodium		FRIDAY sodium	
		Missed Meal Policy If you miss your meal, we will call you, your emergency contacts, doctor, and hospital to find out if you are okay. If we still cannot locate you, we will request the police department to come to your home to do a safety check.		See back of menu for Home Delivered Meal Heating Instructions Do NOT use toaster oven to reheat the home delivered meals. Refrigerate meals upon delivery until ready to eat.				1 Happy New Year! 	
4 Vegetable Beef Soup 144mg *Lasagna/Tomato Sauce 526 Chicken Meatball 63 Broccoli 12 Scali Bread 150 Peaches 10 <i>Calories: 708 Sodium: 1099mg</i>	5 *BBQ Pulled Pork 678mg Potato Salad 100 Fiesta Mixed Vegetables 23 Hamburger Roll 215 Fresh Fruit 1 <i>Calories: 728 Sodium: 1125mg</i>	6 Fish Filet 190mg Tartar Sauce 260 Whipped Butternut Squash 26 Green Beans Red Peppers 4 Rye Bread 150 Oatmeal Raisin Cookie 75 <i>Calories: 711 Sodium: 860mg</i>	7 Cream Mushroom Soup 194mg Pot Roast with 80 Roasted Onion Gravy Mashed Potatoes 68 Mixed Vegetables 56 Wheat Bread 165 Vanilla Pudding 174 <i>Calories: 1028 Sodium: 1026mg</i>	8 Lemon Chicken & Peas 457mg Whipped Sweet Potatoes 27 Spinach 145 Multigrain Bread 150 Tropical Fruit 5 <i>Calories: 621 Sodium: 933mg</i>	11 Butternut Squash Soup 101mg Lentil Stew 483 Corn 1 Rye Bread 150 Mixed Fruit 3 <i>Calories: 862 Sodium: 949mg</i>	12 Vegetable Soup 207mg American Chop Suey 449 Parmesan Cheese 108 Italian Mixed Vegetables 19 Scali Bread 150 Fresh Fruit 1 <i>Calories: 664 Sodium: 955mg</i>	13 Winter Special *Chicken Cordon Bleu 550mg Baked Potato Half 7 Jardiniere Mixed Vegetables 13 Garlic Dinner Roll 132 Frosted Carrot Cake 253 <i>Calories: 1019 Sodium: 1124mg</i>	14 ***Hot Dog on Roll 763mg Cole Slaw 45 Baked Beans 140 Condiments 218 Pineapple 9 <i>Cals: 770 High Sodium: 1282mg</i>	15 Baked Fish w/Lemon 342mg Garlic Cream Sauce Sweet Potatoes 27 Broccoli & Cauliflower 14 Wheat Bread 165 Tapioca Pudding 183 <i>Calories: 719 Sodium: 869mg</i>
18 Martin Luther King Jr Holiday No Meals Delivered 	19 Chicken Veg Soup 82mg Fish Filet/Tartar Sauce 451 Roasted Potatoes 4 Tuscany Mix Vegetables 47 Multigrain Bread 150 Birthday Cake 95 <i>Calories: 824 Sodium: 1022mg</i>	20 *Greek Chicken 723mg Whipped Sweet Potatoes 27 Collard Greens & Onions 53 Cranberry Muffin 160 Pineapple 9 <i>Calories: 744 Sodium: 1109mg</i>	21 Minestrone Soup 239 Meatloaf w/Onion Gravy 162 Mashed Potatoes 68 Beets 185 Wheat Bread 165 Apple Raisin Compote 4 <i>Calories: 970 Sodium: 1016mg</i>	22 *Crumb Topped 548mg Mac & Cheese Baked Tomato Half 258 Oatmeal Bread 150 Fresh Fruit 1 <i>Calories: 887 Sodium: 1095mg</i>	25 *Chicken Marsala 559mg Red Bliss Potatoes 8 Squash Blend 5 Wheat Roll 180 Fresh Fruit 1 <i>Calories: 697 Sodium: 889mg</i>	26 Italian Garden Soup 142mg Baked Fish with 450 Broccoli Cheese Sauce Whipped Butternut Squash 26 Italian Green Beans 3 Oat Bread 150 Ambrosia 4 <i>Calories: 681 Sodium: 968mg</i>	27 Chicken Swedish 239 Meatballs over Egg Noodles 289 Country Mix Vegetables 40 Scali Bread 150 Tropical Fruit 5 <i>Calories: 694 Sodium: 855mg</i>	28 Chicken Bean Soup 128mg Beef Stuffed Pepper 189 Cauliflower 17 Wheat Bread 165 Pumpkin Cookie 114 <i>Calories: 744 Sodium: 807mg</i>	29 Spinach Red Pepper 318mg Quiche Roasted Potatoes 4 Ratatouille 116 Blueberry Muffin 160 Applesauce 9 <i>Calories: 732 Sodium: 735mg</i>

Please call Nutrition Dept. to cancel meals by noon the day before to help prevent food waste and cost, at 617-628-2601.

Menu subject to change without notice.

Meal Cancellations: To check if meal delivery is cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789.

Nutrition Tips for Healthy Living! January 2021

Heart Healthy Tips to Ring in the New Year!

Instructions for Reheating Home Delivered Meals

Hot meals will now be arriving chilled. We hope this will help improve overall taste, texture, quality, and delivery. Please see re-heating instructions below for chilled, regular meals. If meals are to be eaten later in day, please refrigerate them upon delivery until ready to eat.

Heating Instructions for Hot Meals:

- Refrigerate for later or reheat to eat immediately.
- **Do NOT use toaster oven to reheat home delivered meals**
- **Reheat in Conventional Oven** – Set oven at 350F. Place meal on cookie sheet, bake for 15-20 minutes maximum.
- **Reheat in Microwave** - Peel back plastic film to vent steam, reheat for 2 to 3 minutes. Stir for even cooking. Microwave oven times will vary. Reheat meals until reaches internal temperature of 165F.

Nutrition Guidelines for Menu:

- Meals are planned to provide 1/3 the recommended dietary allowance
 - ✓ Regular, no added salt diet
 - ✓ 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 marked with asterisk (*), high sodium meals marked.
 - ✓ Sodium totals include milk, crackers, and condiments where applicable.
- For more nutrition information on the menus visit www.eldercare.org

Purchase Ensure® Nutrition Drinks from SCES

Ensure® \$29.00/case of 24 drinks
 Ensure® Plus \$31.00/case of 24 drinks
 Glucerna Diabetic \$40.00/case of 24
 Flavors: Strawberry, Vanilla, Chocolate
 Home delivery options available. Call Age Info Dept at 617-628-2601

Heart Healthy Tips to Ring in the New Year!

1. **Maintain or aim for a healthier body weight.** As the body matures, it experiences natural changes that can lead to excess weight gain, such as less muscle mass, slower metabolism, decrease in physical activity, increased intake of easy to prepare convenience foods. Excess weight may lead to increased risk of heart disease, Type 2 diabetes, and high blood pressure. Even a small amount of weight loss if someone is overweight can have many positive health benefits.
2. **Keep portion sizes in mind,** sometimes just cutting portions of foods by a little can add up to big savings in calories. Try not to overload your plate with large portions, use smaller plate, fill half your plate with fruit and vegetable, a quarter starch, and a quarter protein like poultry, fish, or lean beef.
3. **Choose less visibly fatty types of meat,** these can be high in unhealthy fats called saturated fats. Instead try to include more healthier types of fats such as from fish like salmon, nuts, avocado, olive oils, nut butters like peanut or almond butter.
4. **Aim to include five servings a day of colorful fruits and vegetables.** This could be 2 pieces of fruit and 3 servings of vegetables, or however you prefer. They are rich in fiber, vitamins, minerals, and antioxidants that help protect the body’s cells from damage. Options are fresh, frozen, or canned, just look for low sodium or juice packed versions of canned produce.
5. **Fiber rich foods** have been shown to help lower cholesterol. Fiber comes from “whole” grain breads, pasta, brown rice, and cereals, as well as fruits and vegetables, include edible washed skins if possible, nuts, and beans.
6. **Start gradual when setting new health goals for yourself.** It is easy to get overwhelmed trying to make too many changes for yourself at one time. Choose one or two goals at a time and they will be more achievable and long lasting towards healthy lifestyle.

