

Carbohydrate-Control Four-Week Cycle Menu (Pink Dot)

Nutrition Program 617-628-2601, www.eldercare.org. Suggested Voluntary Contribution \$2.00 per Meal

	Monday	Tuesday	Wednesday	Thursday	Friday	Menu Schedule:
Week 1	Chicken Stew Broccoli LS Wheat Bread Diet Chocolate Pudding 658 Calories 68 gm Carbohydrates 595 mg Sodium	Chicken Meatballs LS Brown Gravy Corn Italian Blend Vegetables Fresh Fruit 594 Calories 67 gm Carbohydrates 473 mg Sodium	Beef Stroganoff Vegetable Ratatouille Buttered Noodles Tropical Fruit 807 Calories 66 gm Carbohydrates 522 mg Sodium	Baked Fish Scarpariello Butternut Squash Zucchini & Red Peppers LS Wheat Bread Cinnamon Applesauce 588 Calories 66 gm Carbohydrates 458 mg Sodium	Roast Turkey & LS Gravy White Rice Green Beans Oat Bread/Cranberry Sauce Diet Gelatin/Topping 555 Calories 65 gm Carbohydrates 807 mg Sodium	Jan. 4: Week 1 Jan. 11: Week 2 Jan. 18: Week 3 Jan. 25: Week 4 Feb. 1: Week 1
Week 2	Lentil Stew Green Beans Diet Gelatin/Topping 608 Calories 65 gm Carbohydrates 678 mg Sodium	Lemon Chicken & Peas White Rice California Mix Vegetables Mixed Fruit 575 Calories 61 gm Carbohydrates 670 mg Sodium	Potato Crunch Fish Filet Florentine Sauce Roasted Root Vegetables Peas Applesauce 662 Calories 66 gm Carbohydrates 635 mg Sodium	Pot Roast & Gravy Fiesta Mix Vegetables Wheat Roll Diet Vanilla Pudding/Topping 650 Calories 65 gm Carbohydrates 487 mg Sodium	Chicken Vegetable Stir Fry White Rice Rye Bread Pears 595 Calories 67 gm Carbohydrates 561 mg Sodium	Feb. 8: Week 2 Feb. 15: Week 3 Feb. 22: Week 4 Mar. 1: Week 1
Week 3	Turkey Marsala Roasted Root Vegetables White Rice Mixed Fruit 554 Calories 66 gm Carbohydrates 715 mg Sodium	Beef Burgundy Rice Pilaf Beets LS Wheat Bread Diet Gelatin/Topping 856 Calories 68 gm Carbohydrates 744 mg Sodium	Chicken Vegetable Sauté Roasted Potatoes Spinach Rye Bread Applesauce 596 Calories 66 gm Carbohydrates 887 mg Sodium	Swedish Meatballs Over Noodles Zucchini & Red Peppers Tropical Mix Fruit 660 Calories 67 gm Carbohydrates 459 mg Sodium	Broccoli Cheese Fish Peas Tuscany Blend Vegetables Oat Bread Fresh Fruit 601 Calories 73 gm Carbohydrates 750 mg Sodium	Mar. 8: Week 2 Mar. 15: Week 3 Mar. 22: Week 4 Mar. 29: Week 1 Apr. 5: Week 2
Week 4	Meatloaf & Gravy Roasted Potatoes Spinach Tropical Mix Fruit 728 Calories 63 gm Carbohydrates 487 mg Sodium	Kale White Bean Stew Green Beans Diet Gelatin/Topping 463 Calories 59 gm Carbohydrates 635 mg Sodium	Herbed Chicken & Gravy Butternut Squash Zucchini & Cauliflower LS Wheat Bread/Applesauce 606 Calories 66 gm Carbohydrates 775 mg Sodium	Roast Turkey/LS Gravy White Rice Fiesta Mix Vegetables Peaches 546 Calories 66 gm Carbohydrates 693 mg Sodium	Potato Crunch Fish Filet Lemon Wedge Carrots Peas Diet Chocolate Pudding 686 Calories 66 gm Carbohydrates 834 mg Sodium	Apr. 12: Week 3 Apr. 19: Week 4 Apr. 26: Week 1 No meals on: Jan. 18, Feb. 15, April 19

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>>

Carbohydrate Controlled Menu:

- ☉ Provides calories and nutrients based on 1/3 of the Recommended Dietary Allowances for older adults.
- ☉ No more than 30% of daily calories from fats, LF = Low Fat.
- ☉ Sodium controlled, approximately 700-800 mg per meal, LS = Low Sodium.
- ☉ No salt used in preparation, and low sodium ingredients are used.
- ☉ Average total carbohydrates per meal 45-65 grams.
- ☉ We offer sugar-free puddings, gelatins, or carb-controlled baked products.
- ☉ Fruits and vegetables rich in vitamin A & C.
- ☉ Breads are enriched or whole grain.
- ☉ 8 ounces of 2% Milk.
- ☉ "Trans-fat" free margarine or butter included.

Heating Instructions:

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

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.
OR
- In conventional oven, place meal on cookie sheet and set oven at 350 degrees F for 30 minutes maximum

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.

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
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