

# Cardiac 4-Week Cycle Menu (Brown Dot)

Nutrition Program 617-628-2601, [www.eldercare.org](http://www.eldercare.org). Suggested Voluntary Contribution \$2.00 per Meal

	Monday	Tuesday	Wednesday	Thursday	Friday	Menu Schedule:
<b>Week 1</b>	Chicken Stew Broccoli LS Wheat Bread Cookies <b>684 Calories</b> <b>527 mg Sodium</b>	Vegetable Lasagna Marinara Chicken Meatball Italian Blend Vegetables LS Wheat Bread Fresh Fruit <b>626 Calories</b> <b>980 mg Sodium</b>	Beef Stroganoff Vegetable Ratatouille Noodles Rye Bread Tropical Fruit <b>857 Calories</b> <b>674 mg Sodium</b>	Baked Fish Scarpariello Butternut Squash Zucchini Red Peppers LS Wheat Bread/Juice Cinnamon Applesauce <b>617 Calories</b> <b>448 mg Sodium</b>	Roast Turkey & LS Gravy Sweet Potatoes Green Beans Oat Bread Diet Gelatin/Topping <b>629 Calories</b> <b>817 mg Sodium</b>	Jan. 4: Week 1 Jan. 11: Week 2 Jan. 18: Week 3 Jan. 25: Week 4 Feb. 1: Week 1
<b>Week 2</b>	Lentil Stew Green Beans Oat Bread Peaches/Apple Juice <b>747 Calories</b> <b>819 mg Sodium</b>	Lemon Chicken & Peas White Rice California Mix Vegetables Multigrain Bread Mixed Fruit <b>617 Calories</b> <b>761 mg Sodium</b>	Potato Crunch Fish Filet Florentine Sauce Root Vegetables & Peas LS Wheat Bread Applesauce <b>721 Calories</b> <b>713 mg Sodium</b>	Pot Roast & LS Gravy Fiesta Mix Vegetables Mashed Potatoes Wheat Roll Diet Vanilla Pudding <b>790 Calories</b> <b>719 mg Sodium</b>	Chicken Vegetable Stir Fry White Rice Rye Bread Muffin <b>688 Calories</b> <b>705 mg Sodium</b>	Feb. 8: Week 2 Feb. 15: Week 3 Feb. 22: Week 4 Mar. 1: Week 1 Mar. 8: Week 2
<b>Week 3</b>	Turkey Marsala Roasted Root Vegetables White Rice Multigrain Bread Mixed Fruit <b>591 Calories</b> <b>802 mg Sodium</b>	Beef Burgundy Sweet Potatoes Beets LS Wheat Bread Diet Fruited Gelatin/Topping <b>845 Calories</b> <b>661 mg Sodium</b>	Chicken Vegetable Sauté Roasted Potatoes Spinach Rye Bread/ Juice Applesauce <b>630 Calories</b> <b>878 mg Sodium</b>	Swedish Meatballs Over Noodles Zucchini & Red Peppers Scali Bread Tropical Mix Fruit <b>702 Calories</b> <b>601 mg Sodium</b>	Lemon Pepper Fish Peas Tuscany Mix Vegetables Oat Bread Fresh Fruit/Juice <b>611 Calories</b> <b>584 mg Sodium</b>	Mar. 15: Week 3 Mar. 22: Week 4 Mar. 29: Week 1 Apr. 5: Week 2
<b>Week 4</b>	Meatloaf & LS Gravy Roasted Potatoes Spinach Dinner Roll Tropical Mixed Fruit <b>797 Calories</b> <b>612 mg Sodium</b>	Kale White Bean Stew White Rice Green Beans Italian Bread Diet Gelatin/Topping <b>633 Calories</b> <b>812 mg Sodium</b>	Herbed Chicken & LS Gravy Butternut Squash Zucchini & Cauliflower LS Wheat Bread Muffin <b>714 Calories</b> <b>896 mg Sodium</b>	Roast Turkey/LS Gravy Mashed Potatoes Fiesta Mix Vegetables Rye Bread Peaches <b>689 Calories</b> <b>883 mg Sodium</b>	Potato Crunch Fish Filet Lemon Wedge Carrots & Peas Multigrain Bread Vanilla Wafer Cookies <b>793 Calories</b> <b>885 mg Sodium</b>	Apr. 12: Week 3 Apr. 19: Week 4 Apr. 26: Week 1 <b>No meals on: Jan. 18, Feb. 15, April 19</b>

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:

- ☉ Calories and nutrients to meet 1/3 of the Recommended Daily Allowances for older adults.
- ☉ Total fat, no more than 30% of daily calories, LF = Low-fat.
- ☉ Sodium controlled to be average 700 - 800 mg sodium per meal, LS = Low Sodium.
- ☉ No salt used in preparation. Low sodium soup and gravy bases are used.
- ☉ Total sodium provided on menu, includes milk and condiments.
- ☉ Desserts are carbohydrate controlled.
- ☉ Whole grain breads included.
- ☉ Fruits and vegetables rich in vitamin C
- ☉ 8 ounces low-fat milk included.
- ☉ Margarine is trans-fat free

## 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