

Puree Four- Week Cycle Menu (Green 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 Chocolate Pudding 763 Calories 596 mg Sodium	Vegetable Lasagna & Chicken Meatball Tomato Sauce Italian Blend Vegetables Pears 773 Calories 1092 mg Sodium	Beef Stroganoff Vegetable Ratatouille Buttered Noodles Tropical Fruit 1009 Calories 624 mg Sodium	Baked Fish Scarpariello Butternut Squash Zucchini Red Peppers Cinnamon Applesauce 724 Calories 509 mg Sodium	Roast Turkey & LS Gravy Sweet Potatoes Green Beans Gelatin/Topping 786 Calories 825 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 Peaches 856 Calories 772 mg Sodium	Lemon Chicken with Peas Mashed Potatoes California Mix Vegetables Mixed Fruit 892 Calories 831 mg Sodium	Potato Crunch Fish Filet Florentine Sauce Root Vegetable/Peas Applesauce 876 Calories 777 mg Sodium	Pot Roast & Gravy Mashed Potatoes Fiesta Mix Vegetables Vanilla Pudding 1082 Calories 659 mg Sodium	Chicken Vegetable Stir Fry Noodles Pears 813 Calories 856 mg Sodium	Feb. 8: Week 2 Feb. 15: Week 3 Feb. 22: Week 4 Mar. 1: Week 1 Mar. 8: Week 2
Week 3	Turkey Marsala Mix Root Vegetables Mashed Potatoes Mixed Fruit 866 Calories 873 mg Sodium	Beef Burgundy Sweet Potatoes Beets Gelatin/Topping 981 Calories 729 mg Sodium	Chicken Vegetable Sauté Roasted Potatoes Spinach Applesauce 786 Calories 833 mg Sodium	Swedish Meatballs Over Noodles Zucchini & Red Peppers Tropical Mix Fruit 860 Calories 554 mg Sodium	Broccoli Cheese Fish Peas Tuscany Blend Vegetables Chocolate Pudding 841 Calories 1050 mg Sodium	Mar. 15: Week 3 Mar. 22: Week 4 Mar. 29: Week 1 Apr. 5: Week 2
Week 4	Meatloaf & Gravy Boiled Potatoes Spinach Tropical Mix Fruit 913 Calories 631 mg Sodium	White Bean Kale Stew Noodles Green Beans Gelatin/Topping 935 Calories 821 mg Sodium	Herbed Chicken & Gravy Butternut Squash Zucchini & Cauliflower Applesauce 718 Calories 766 mg Sodium	Roast Turkey/LS Gravy Mashed Potatoes Fiesta Mix Vegetables Peaches 861 Calories 834 mg Sodium	Potato Crunch Fish Lemon Pepper Sauce Carrots & Peas Mixed Fruit 899 Calories 805 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>>

Puree Meal Description:

- These meals consist of puree entrees, sides, and dessert.
- Sufficient calories and nutrients based on 1/3 of the Recommended Dietary Allowances for older adults. Average calories range from 700-800 per meal.
- 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 is used in preparation, and low sodium ingredients are used.
- Fruits and vegetables rich in vitamin A & C are provided daily.
- 8-ounce milk, and margarine provided.
- Puree meals includes a nutrition shake

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