

Soft Chopped (Yellow Dot) & Ground Menu (Blue 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 Veg Stew Broccoli Mashed Potatoes Chocolate Pudding 881 Calories 625 mg Sodium	Vegetable Lasagna Marinara Sauce Italian Blend Vegetables Pears 751 Calories 969 mg Sodium	Beef Stroganoff Vegetable Ratatouille Buttered Noodles Tropical Fruit 998 Calories 618 mg Sodium	Baked Fish Scarpariello Butternut Squash Zucchini Red Peppers Juice Cinnamon Applesauce 746 Calories 460 mg Sodium	Roast Turkey & LS Gravy Sweet Potatoes Green Beans Gelatin/Topping 774 Calories 821 mg Sodium	Jan. 4: Week 1 Jan. 11: Week 2 Jan. 18: Week 3 Jan. 25: Week 4
Week 2	Lentil Stew Green Beans Peaches 844 Calories 767 mg Sodium	Lemon Chicken with Peas White Rice California Mix Vegetables Mixed Fruit 767 Calories 764 mg Sodium	Potato Crunch Fish Filet Florentine Sauce Root Vegetables Peas Applesauce 850 Calories 725 mg Sodium	Pot Roast & Gravy Mashed Potatoes Fiesta Mix Vegetables Vanilla Pudding 1070 Calories 654mg Sodium	Chicken Vegetable Stir Fry White Rice Muffin 837 Calories 657 mg Sodium	Feb. 1: Week 1 Feb. 8: Week 2 Feb. 15: Week 3 Feb. 22: Week 4
Week 3	Turkey Marsala Roasted Root Vegetables White Rice Mixed Fruit 742 Calories 805 mg Sodium	Beef Burgundy Sweet Potatoes Beets Fruited Gelatin/Topping 989 Calories 675 mg Sodium	Chicken Vegetable Sauté Roasted Potatoes Spinach Applesauce 782 Calories 817 mg Sodium	Swedish Meatballs Over Noodles Zucchini & Red Peppers Tropical Fruit Mix 852 Calories 553 mg Sodium	Broccoli Cheese Fish Peas Tuscany Mix Vegetables Chocolate Pudding 829 Calories 1046 mg Sodium	Mar. 1: Week 1 Mar. 8: Week 2 Mar. 15: Week 3 Mar. 22: Week 4 Mar. 29: Week 1
Week 4	Meatloaf & Gravy Roasted Potatoes Spinach Tropical Mix Fruit 892 Cals 581 mg Sodium	Kale and White Bean Stew White Rice/Green Beans Gelatin/Topping 859 Calories 785 mg Sodium	Herbed Chicken & Gravy Butternut Squash Zucchini & Cauliflower Muffin 844 Calories 909 mg Sodium	Roast Turkey/LS Gravy Mashed Potatoes Fiesta Mix Vegetables Peaches 850 Calories 850 mg Sodium	Potato Crunch Fish Lemon Wedge Carrots & Peas Vanilla Wafer Cookies 924 Cals 778 mg Sodium	Apr. 5: Week 2 Apr. 12: Week 3 Apr. 19: Week 4 Apr. 26: Week 1
<p>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>></p>						<p>No meals delivered on: Jan. 18, Feb. 15, April 19</p>

Chopped Soft & Ground Menu:

- ☉ Menu components are chopped, soft or ground for the appropriate texture, including entrees, starches, vegetables, and desserts.
- ☉ 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.
- ☉ Nutrition Drink supplement provided
- ☉ Includes 8-ounce 2% milk and margarine

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