



MONDAY <small>sodium</small>		TUESDAY <small>sodium</small>		WEDNESDAY <small>sodium</small>		THURSDAY <small>sodium</small>		FRIDAY <small>sodium</small>	
<p>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.</p>		<p>See back of menu for Home Delivered Meal Heating Instructions</p> 				<p>1 Fish Chowder 168mg Pot Roast & Onion Gravy 120 Mashed Potatoes 68 Green & Wax Beans 4 Wheat Bread 65 Chocolate Chip Cookie 60 Calories: 914 Sodium: 678mg</p>		<p>2 Lentil Stew 486mg Tossed Salad 168 White Rice 5 Wheat Roll 180 Pears 5 Calories: 773 Sodium: 981mg</p>	
<p>5 *Stuffed Shells Marinara 632mg Chicken Meatball 70 Italian Mix Vegetables 19 Wheat Bread 65 Tapioca Pudding 183 Calories: 752 Sodium: 1106mg</p>	<p>6 Mix Bean Chicken Soup 215mg Spinach Cheese Omelet 237 Potato Wedges 27 Ratatouille 1216 Muffing 160 Applesauce 14 Calories: 800 Sodium: 963mg</p>	<p>7 *Hot Dog 550mg Roll 210mg Baked Beans 140 Cole Slaw 45 Condiments 218 Fresh Fruit 0 Cals:783 High Sodium:1272mg</p>	<p>8 Spring Special *Chicken Broccoli Alfredo 614mg Tuscany Mix Vegetables 47 Tossed Garden Salad 168 Wheat Dinner Roll 180 Ambrosia 4 Calories: 720 Sodium: 1150 mg</p>	<p>9 *Crumb-Topped 513mg Baked Fish Mashed Potatoes 68 Mixed Vegetables 56 Wheat Bread 65 Peaches 10 Calories: 864 Sodium: 849 mg</p>					
<p>12 Roast Turkey & Gravy 459mg Mashed Potatoes 68 Carrots 77 Multigrain Bread 150 Pineapple 9 Calories: 646 Sodium: 901mg</p>	<p>13 Chicken Noodle Sop 69mg Honey Mustard Chicken 458 White Rice 5 Green and Wax Beans 4 Wheat Roll 180 Mandarin Oranges 7 Calories: 739 Sodium: 916mg</p>	<p>14 Meatloaf & Gravy 162mg Butternut Squash 26 Jardiniere Mix Vegetables 32 Wheat Bread 65 Vanilla Pudding 174 Calories: 921 Sodium:595mg</p>	<p>15 Fish Sandwich 190mg Cheese & 184 Tartar Sauce 261 Roasted Potatoes 6 Cole Slaw 45 Fresh Fruit 0 Calories: 920 Sodium: 1007mg</p>	<p>16 Vegetable Lasagna 370mg Tomato Sauce 236 Chicken Meatball 70 Broccoli & Cauliflower 14 Wheat Roll 180 Cupcake 170 Calories: 738 Sodium: 1177mg</p>					
<p>19 Patriot's Day Holiday No Meals Delivered</p> <p>PATRIOTS DAY</p>	<p>20 *Chicken Paprika 506mg Sweet Potatoes 27 Tuscany Mix Vegetables 47 Multigrain Bread 150 Pineapple 9 Calories: 582 Sodium: 876mg</p>	<p>21 Baked Salmon with 300mg Lemon Dill Sauce Spinach 145 Mashed Potatoes 68 Muffin 120 Apple Cranberry Crisp 129 Calories: 909 Sodium: 899 mg</p>	<p>22 Chicken Veg Soup 82mg Sweet & Sour Meatballs 310 Fried Rice 80 Asian Vegetable Medley 9 Wheat Bread 65 Chocolate Pudding 195 Calories: 1029 Sodium:932 mg</p>	<p>23 *Crumb-Topped 548mg Macaroni & Cheese Stewed Tomatoes 251 Wheat Roll 180 Fresh Fruit 0 Calories: 812 Sodium: 1117mg</p>					
<p>26 Breaded Fish Filet 190mg Tartar Sauce 261 Whipped Butternut Squash 26 Green Beans/Red Peppers 4 Wheat Bread 8 Peaches Calories: 741 Sodium: 691mg</p>	<p>27 *BBQ Pulled Pork 678mg Potato Salad 100 Fiesta Mix Vegetables 23 Hamburger Roll 212 Mandarin Oranges 7 Calories: 700 Sodium: 1128 mg</p>	<p>28 *Lasagna Marinara 526mg Chicken Meatball 70 Zucchini 5 Tossed Salad 168 Wheat Bread 65 Fresh Fruit 0 Calories: 648 Sodium: 971 mg</p>	<p>29 Cr. Mushroom Soup 194mg Beef Burgundy 182 Mashed Potatoes 68 Root Vegetables 34 Wheat Bread 65 Oatmeal Raisin Cookie 75 Calories: 1053 Sodium: 811mg</p>	<p>30 Chicken Vegetable 453mg Stir Fry White Rice 5 Wheat Roll 180 Vanilla Pudding 170 Calories: 723 Sodium: 950mg</p>					

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! April 2021

Vitamin D for Healthy Aging



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 (NAS) menu.
- ✓ 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 visit www.eldercare.org

Purchase Ensure® nutrition drink 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
Call Age Info Dept at 617-628-2601

Vitamin D for Healthy Aging

Vitamin D is important for good health at every age, but especially for as we get older. Recommended daily intakes for Vitamin D increase with age, see below. Vitamin D has many important functions in the body:

1. Vitamin D aids in calcium absorption, and together they help maintain healthy, strong bones and teeth, and help prevent osteoporosis.
2. Vitamin D works with keeping your muscles and nerves functioning and sending signals properly throughout the body.
3. Vitamin D helps support a healthy immune system to fight off bacteria and viruses.

How Much Vitamin D Do You Need?

- Men and Women (19 - 70 years): 600 IU each day or 15 mcg each day
- Men and Women (71 years and older): 800 IU each day or 20 mcg each day



Points to think about with Vitamin D Supplements

Always check with your doctor before starting any supplements.

It is encouraged to get your vitamins and minerals from food first, but you may need a vitamin D supplement for the following reasons:

- Vegan diet
- Adults aged 70 and older
- Someone with kidney disease
- Person whose body cannot absorb fat efficiently, such as those with Crohn's disease, celiac disease, or ulcerative colitis
- If you are taking medications that interact with Vitamin D
- Avoid high dose supplements, unless prescribed by your doctor. Excessive vitamin D intake from food and supplements combined can be harmful. The upper limit to not exceed for healthy individuals a day is 4000 IU. Talk to your doctor first about the right amount for you.
- Vitamin D is a fat-soluble vitamin, so vitamin D supplements are better absorbed when eaten in combination with food that include some fat.
- Discuss with your primary care provider about measuring the vitamin D level in your blood to see if you may need a supplement.
- Let your primary care provider know if you are taking any dietary supplements, they may react with certain medications.

Food Sources of Vitamin D

- Fatty fish like salmon, sardines, trout, tuna, flounder, sole
- Fortified milks, and non- dairy milks such as soy, almond or oat milks, check the label to be sure.
- Fortified cereals and orange juice
- Beef liver, cheese and egg yolks have small amounts
- Mushrooms that have been exposed to ultraviolet light to increase the vitamin D content.
- The body can make vitamin D from sunlight on bare skin. However, the ability for the body to do this can be reduced for many reasons, such as: smog, cloudy days, aging adults, dark skin color, and wearing sunscreen which is important to use if outside in the sun to help prevent skin cancer.

Sources: www.nutritioncaremanual.org/client_ed; <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>