



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 Turkey & Cheese on Multigrain Bread 470mg Orzo Veg Salad 300 Cole Slaw 13 Pineapple 45 Pineapple 9 <i>Calories: 769 Sodium: 949mg</i></p>	<p>2 Egg Salad on Wheat Bread 130mg Root Veg Salad 130 Macaroni Salad 86 Fresh Fruit 138 Fresh Fruit 0 <i>Calories: 921 Sodium: 592mg</i></p>
<p>5 Turkey & Swiss on Multigrain 470mg English Pea Salad 300 Cucumber Carrot Onions 156 Pears 71 Pears 4 <i>Calories: 577 Sodium: 1165mg</i></p>	<p>6 *Chef Salad w/Ham 570mg Potato Salad 100 Wheat Roll 180 Tropical Fruit 7 <i>Calories: 737 Sodium: 988mg</i></p>	<p>7 Egg Salad on Wheat Bread 130mg Tricolor Pasta Salad 59 Spinach Mandarin Salad 206 Vanilla Wafers 69 <i>Cals: 828 Sodium: 701mg</i></p>	<p>8 *Parmesan Tuna Salad 561mg On Wheat Bread 130 Macaroni Salad 138 Carrot Pineapple Salad 97 Fresh Fruit 0 <i>Calories: 1024 Sodium: 1034 mg</i></p>	<p>9 California Chicken Salad 70mg On Wheat Bread 130 Garden Shell Pasta Salad 201 Beet Salad 143 Diet Chocolate Pudding 161 <i>Calories: 933 Sodium: 811 mg</i></p>
<p>12 Egg Salad on Wheat Bread 130mg Broccoli Tomato Salad 64 Potato Salad 100 Fig Bars 99 <i>Calories: 829 Sodium: 631mg</i></p>	<p>13 *Ham & Swiss on Wheat Bread 545mg Tri Color Pasta Salad 130 Summer Squash Salad 55 Pineapple 59 Pineapple 9 <i>Calories: 863 Sodium: 948mg</i></p>	<p>14 *Chicken Breast over Tossed Garden Salad 599mg Summer Potato Salad 168 Cornbread 65 Fresh Fruit 211 Fresh Fruit 0 <i>Calories: 742 Sodium: 1012mg</i></p>	<p>15 Middle Eastern Vegetable Salad 287mg Pita Pocket Pasta Salad 137 Tropical Fruit 7 <i>Calories: 610 Sodium: 532mg</i></p>	<p>16 Tuna Salad on Wheat Bread 241mg Orzo Veg Salad 130 Spinach Mandarin Salad 13 Diet Pistachio Pudding 206 Diet Pistachio Pudding 161 <i>Calories: 729 Sodium: 859mg</i></p>
<p>19 Patriot's Day Holiday No Meals Delivered PATRIOTS DAY</p>	<p>20 Egg Salad on Wheat Bread 130mg English Pea Salad 130 Root Veg Salad 156 Fresh Fruit 86 Fresh Fruit 0 <i>Calories: 774 Sodium: 611mg</i></p>	<p>21 Curry Chicken Salad 72mg On Wheat Bread 130 Macaroni Salad 138 Broccoli Slaw 145 Diet Vanilla Pudding 161 <i>Calories: 938 Sodium: 753 mg</i></p>	<p>22 Turkey & Swiss 470mg On Multigrain Bread 300 Garden Pasta Salad 201 Tossed Garden Salad 168 Peaches 8 <i>Cals: 825 High Sodium: 1259 mg</i></p>	<p>23 Roast Beef & Provolone 349mg On Wheat Bread 130 Cucumber Feta Salad 80 Balsamic Pasta Salad 14 Cookies 100 <i>Calories: 992 Sodium: 785mg</i></p>
<p>26 *Turkey & Provolone 551mg On Wheat Bread 130 Carrot Raisin Salad 137 Ziti Broccoli Salad 48 Fresh Fruit 0 <i>Calories: 1019 Sodium: 979mg</i></p>	<p>27 Egg Salad 130mg On Wheat Bread 130 Cucumber Feta Salad 80 Balsamic Pasta Salad 14 Pineapple 9 <i>Calories: 816 Sodium: 471mg</i></p>	<p>28 Chicken Salad 75mg On Multigrain Bread 300 Spinach Mandarin Salad 201 Quinoa Salad 20 Diet Tapioca Pudding 161 <i>Calories: 789 Sodium: 870mg</i></p>	<p>29 *Ham & Swiss 545mg On Wheat Bread 130 Potato Salad 100 Cole Slaw 45 Diet Fruited Gelatin 10 <i>Calories: 879 Sodium: 993mg</i></p>	<p>30 Tuna Salad 241mg On Wheat Bread 130 Italian Pasta Salad 138 Squash Onion Salad 6 Pears 5 <i>Calories: 872 Sodium: 627mg</i></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 sources 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 Nutrition Fact 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/>