




Meals-on-Wheels May 2021 Regular Chilled Menu

SCES 617-628-2601, www.eldercare.org. Suggested, voluntary contribution \$2.00 Per Meal

MONDAY sodium			TUESDAY sodium			WEDNESDAY sodium			THURSDAY sodium			FRIDAY sodium		
3	*Stuffed Shells & Tomato Sauce Chicken Meatball Broccoli Wheat Bread Tapioca Pudding	632mg 70 12 65 183	4	Spinach White Bean Stew Rice Pilaf Tossed Garden Salad Cornbread Fresh Fruit	480mg 99 168 291 0	5	Mother's Day Special Broccoli Cheese Stuffed Chicken with Cream Sauce Mashed Potatoes Jardiniere Mix Vegetables Wheat Roll Fruit Cup & Berry Trifle	410mg 230 68 32 180 165	6	Minestrone Soup Pot Roast & Onion Gravy Sweet Potatoes Spinach Wheat Bread Peaches	239mg 80mg 27 145 65 8	7	Salmon with Lemon Dill Sauce White Rice Green Beans Red Peppers Multigrain Bread Pumpkin Cookie	100mg 233 5 115 114
Calories: 742 Sodium: 1099 mg			Calories: 834 Sodium: 1175 mg			Cals: 1036 High Sodium: 1224mg			Calories: 747 Sodium: 758 mg			Calories: 712 Sodium: 709 mg		
10	Chicken Diane Baked Potato Half Jardiniere Mix Vegetables Wheat Bread Vanilla Pudding	301mg 4 32 65 174	11	American Chop Suey Parmesan Cheese Zucchini Wheat Dinner Roll Fresh Fruit	449mg 180 5 180 0	12	*Hot Dog on Roll Cole Slaw Baked Beans Condiments Pineapple	550mg 210 45 140 218 9	13	Fish Chowder Baked Fish Scarpariello Sweet Potatoes Broccoli/Cauliflower Wheat Bread Chocolate Chip Cookie	168mg 159 27 14 65 60	14	Lentil Stew Green Beans Tossed Garden Salad Cornbread Mixed Fruit	486mg 3 168 291 3
Calories: 795 Sodium: 721 mg			Calories: 920 Sodium: 894mg			Calories: 771 High Sodium: 1280mg			Calories: 767 Sodium: 687 mg			Calories: 812 Sodium: 1090 mg		
17	Chicken Vegetable Sauté White Rice Wheat Roll Chocolate Pudding	347mg 5 180 195	18	Chicken Veg Soup Fish Sandwich w/cheese Tartar Sauce Red Potatoes Tuscany Mix Vegetables Mandarin Oranges	82mg 696 80 261 4 47	19	*Vegetable Lasagna Tomato Sauce Chicken Meatball Broccoli Cauliflower Multigrain Bread Oatmeal Raisin Cookie	526mg 70 14 115 75	20	*Roast Turkey/Gravy Mashed Potatoes Green Beans Wheat Bread Apple Raisin Compote	617mg 68 3 65 4	21	*Crumb-Topped Macaroni & Cheese Baked Tomato Half Wheat Bread Fresh Fruit	548mg 258 65 0
Calories: 711 Sodium: 863 mg			Calories: 1000 Sodium: 1180 mg			Calories: 643 Sodium: 937mg			Calories: 702 Sodium: 894mg			Calories: 909 Sodium: 1009mg		
24	Swedish Chicken Meatballs over Noodles Country Mix Vegetables Wheat Bread Tropical Fruit Mix	262mg 40 40 65 7	25	Vegetable Barley Soup Broccoli Cheese Fish Red Bliss Potatoes Green Beans Multigrain Bread Cupcake	153mg 450 8 3 115 170	26	Aloha Chicken Orzo Pilaf Squash Medley Wheat Roll Fresh Fruit	290mg 273 5 180 0	27	Beef Stuffed Pepper Cauliflower & Carrots Wheat Bread Vanilla Pudding	189mg 17 65 174	28	Spinach Cheese Omelet Sweet Pot. Wedges Ratatouille Muffin Applesauce	237mg 200 116 160 10
Calories: 774 Sodium: 545mg			Calories: 808 Sodium: 1094 mg			Calories: 759 Sodium: 885 mg			Calories: 694 Sodium: 583 mg			Calories: 690 Sodium: 851mg		
31	Memorial Day Holiday No Meals Delivered 					*See back of menu for Heating Instructions and Nutrition Information. *Menu subject to change without notice.			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.					

Please call Nutrition Dept. to cancel meals by noon the day before to help prevent food waste and cost, at 617-628-2601.

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! MAY 2021

Vitamin B12 and Older Adults

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 provide 1/3 the daily 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 B12 and Older Adults

Making healthy food choices is important throughout all the different stages of life. However, older adults have certain nutrient considerations to keep in mind with aging. Calorie needs tend to decrease while nutrient needs are either similar or increased for certain vitamins, minerals, and nutrients such as protein, compared to younger adults. One of those special nutrients needs is Vitamin B12. Vitamin B12 helps maintain healthy nerve and blood cells in the body, as well help make DNA for genetic material.

Reasons that B12 may be low or not absorbed properly:

1. Inadequate amount of hydrochloric acid and intrinsic factor in the body, both needed for proper absorption of B12, and tend to naturally decrease with age. Low intrinsic factor can lead to pernicious anemia.
2. Certain medications can inhibit absorption of B12, such as proton pump inhibitors for acid reflux and some oral diabetes medications like Metformin. Talk to your doctor if unsure about possible B12 and medication interactions.
3. Those that are on a vegetarian or vegan eating pattern.
4. People who have gastrointestinal disorders or surgeries may have reduced absorption of B12, such as Crohn's disease or weight loss surgery.

Things to consider about Vitamin B12:

- Some individuals may require a B12 supplement. Talk to your healthcare provider to test your B12 level and if a supplement is needed.
- B12 is found in most multivitamins or taken separately
- B12 supplementation comes in many forms, oral, sublingual, nasal, or administered as a shot by healthcare provided.
- Discuss these options with your doctor before starting any supplement.
- Avoid high or mega dose supplements unless directed by your doctor.
- Daily recommended amount of B12 for older adults is 2.4 mcg.
- Consider amount from food and supplements when assessing needs.

Common signs of B12 deficiency:

Tiredness, weakness, constipation, loss of appetite, numbness or tingling in hands and feet, anemia, depression, poor memory, loss of balance; high dose folic acid can mask B12 deficiency. Discuss this with your doctor if you think you may be deficient.

Sources: <https://ods.od.nih.gov/factsheets/VitaminB12-Consumer/>
<https://www.dietaryguidelines.gov/>

Food Sources of Vitamin B12:

(Mainly from animal food sources and fortified foods)

- Fish, meat, poultry
- Eggs and dairy products
- Fortified cereals
- Nutritional yeast
- Beef liver and clams are best known sources

