




Meals-on-Wheels May 2021 Cold Supper Sandwich 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	Chicken Salad on Wheat Bread Carrot Raisin Salad Balsamic Pasta Salad Fresh Fruit	75mg 130 137 14 0	4	*Ham & Swiss on Wheat Bread Cucumber Feta Salad English Pea Salad Pineapple	545mg 130 80 150 9	5	Egg Salad on Multigrain Bread Spinach Mandarin Salad Barley Raisin Salad Mixed Fruit	130mg 230 206 125 3	6	Tuna Salad on Wheat Bread German Potato Salad Cole Slaw Diet Fruited Gelatin	241 130 17 45 10	7	*Turkey & Provolone On Wheat Bread Italian Pasta Salad Squash Red Onion Salad Diet Tapioca Pudding	551mg 130 138 6 161
<i>Calories: 950 Sodium: 464 mg</i>			<i>Calories: 767 Sodium: 1084 mg</i>			<i>Calories: 709 Sodium: 802mg</i>			<i>Calories: 804 Sodium: 550mg</i>			<i>Calories: 1020 Sodium: 1098mg</i>		
10	*Ham & Swiss on Multigrain Bread German Potato Salad Chickpea, Cucumber & Tomato Salad Fresh Fruit	545mg 230 17 109 0	11	Tuna Salad On wheat Bread English Pea Salad Tossed Garden Salad Cookies	241mg 130 156 168 100	12	Curry Chicken Salad On Wheat Bread Macaroni Salad Beet Salad Mandarin Oranges	72mg 130 138 143 7	13	Roast Beef & Swiss On Multigrain Spinach Mandarin Salad Italian Pasta Salad Peaches	268mg 230 206 138 8	14	Egg Salad On Wheat Bread Sweet Potato Salad Broccoli Slaw Diet Chocolate Pudding	130mg 130 60 145 161
<i>Calories: 770 Sodium: 1063mg</i>			<i>Calories: 772 Sodium: 903mg</i>			<i>Calories: 933 Sodium: 597 mg</i>			<i>Calories: 952 Sodium: 961 mg</i>			<i>Calories: 757 Sodium: 733 mg</i>		
17	Turkey & Swiss On Multigrain Bread Orzo Veg Salad Squash Red Onion Salad Mix Fruit	470mg 230 13 6 3	18	Egg Salad on Wheat Bread German Potato Salad Broccoli Slaw Vanilla Wafers	130mg 130 17 145 69	19	Chicken Salad On Wheat Bread Balsamic Pasta Salad Beet Salad Fresh Fruit	75mg 130 14 143 0	20	Roast Beef/Provolone On Multigrain Bread Potato Salad Cole Slaw Diet Vanilla Pudding	349 230 100 45 161	21	*Tuna Chef Salad Macaroni Salad Wheat Roll Applesauce	518mg 138 180 10
<i>Calories: 862 Sodium: 835 mg</i>			<i>Calories: 793 Sodium: 598mg</i>			<i>Calories: 812 Sodium: 470 mg</i>			<i>Calories: 950 Sodium: 996mg</i>			<i>Calories: 770 Sodium: 973mg</i>		
24	Egg Salad on Multigrain Bread Garden Pasta Salad Cucumber Feta Salad Diet Fruited Gelatin	130 230 201 80 10	25	Turkey & Swiss On Wheat Bread Orzo Vegetable Salad Carrot Raisin Salad Fresh Fruit	470mg 130 13 137 0	26	Roast Beef & Swiss On Wheat Bread Sweet Potato Salad Broccoli Slaw Diet Pistachio Pudding	268mg 130 60 145 161	27	Tuna Salad On Multigrain Bread Root Veg Salad Balsamic Pasta Salad Peaches	241mg 230 86 14 8	28	California Chicken Salad On Wheat Bread Potato Salad Beet Salad Mandarin Oranges	70mg 130 100 143 7
<i>Calories: 963 Sodium: 758mg</i>			<i>Calories: 980 Sodium: 862 mg</i>			<i>Calories: 751 Sodium: 926 mg</i>			<i>Calories: 747 Sodium: 687 mg</i>			<i>Calories: 831 Sodium: 557 mg</i>		
31 Memorial Day Holiday No Meals Delivered 						*See back of menu for Heating Instructions and Nutrition Information. *Menu subject to change without notice.			<u>Missed Meal Policy</u> 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 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 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 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 managed by your doctor.
- Daily recommended amount of B12 for older adults is 2.4 mcg.
- Consider amount from food and supplements when assessing needs.

Possible 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 sources

