



Meals-on-Wheels November 2021 Regular Chilled Menu

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
sodium		sodium		sodium		sodium		sodium						
1	Chicken Marsala Red Bliss Potatoes Spinach & Mushrooms Multigrain Bread Mandarin Oranges	397mg 8 160 135 7	2	Butternut Squash Soup Pot Roast w/Gravy Mashed Potatoes Zucchini Wheat Bread Pumpkin Pudding	107mg 120 68 5 65 167	3	Breaded Fish Filet Tartar Sauce Sweet Potatoes Broccoli Muffin Cookie	190mg 261 27 12 160 60	4	Chicken Vegetable Soup Cheese Rigatoni Italian Meat Sauce Cauliflower Multigrain Bread Peaches	97mg 139 68 17 135 6	5	*Hot Dog On Roll Cole Slaw Baked Beans Condiments Fresh Fruit	550mg 210 45 140 218 0
Calories: 726 Sodium: 844mg		Calories: 928 Sodium: 725mg		Calories: 811 Sodium: 847mg		Calories: 813 Sodium: 656mg		Cals: 773 High Sodium: 1272mg						
8	Lentil Spinach Soup Potato Crunch Fish Tartar Sauce Butternut Squash Mixed Vegetables Muffin Mandarin Oranges	139mg 337 261 32 56 160 7	9	*Turkey Stew Chuckwagon Corn Multigrain Bread Chocolate Pudding	647mg 2 135 195	10 Last day to request a meal for Thanksgiving Day, contact case manager		11	Chicken Bean Soup Greek Chicken Rice Pilaf Squash Medley Wheat Roll Tropical Fruit	215mg 561 99 4 180 10	12	*Macaroni & Cheese Stewed Tomatoes Wheat Roll Fresh Fruit	548mg 251 180 0	
Calories: 1024 Sodium: 1185mg		Calories: 717 Sodium: 1116 mg		Calories: 1013 Sodium: 759 mg		Calories: 812 Sodium: 1195mg		Calories: 818 Sodium: 1118 mg						
15	Escarole Bean Soup Baked Ziti w/Sauce Chicken Meatball Italian Mix Vegetables Wheat Roll Fresh Fruit	145mg 423 70 19 180 0	16	Fish Chowder Salmon with Lemon Pepper Sauce Rice Pilaf Dill Carrots Multigrain Bread Tropical Fruit	168mg 67 33 99 81 135 10	17	*Chicken Cacciatore Noodles Broccoli & Cauliflower Wheat Bread Vanilla Pudding	644mg 40 14 65 174	18 Thanksgiving Special *Roast Turkey with Gravy & Stuffing Whip Chive Potatoes Country Mix Veggies Dinner Roll/Apple Juice Pumpkin Pie		617mg 247 53 40 132/5 398	19	Meatloaf w/Gravy Green Beans Sweet Potatoes Wheat Bread Pears	150mg 3 27 65 5
Calories: 750 Sodium: 1031mg		Calories: 839 Sodium: 777mg		Calories: 866 Sodium: 1075mg		Cals: 1161 High Sodium: 1631mg		Cals: 807 Sodium: 388 mg						
22	Chicken Ditalini Soup Vegetable Lasagna Chicken Meatball Broccoli & Cauliflower Oat Top Bread Peaches	82mg 606 70 14 115 8	23	Chicken Veg Sauté White Rice Multigrain Bread Pumpkin Pudding	347mg 5 135 167	24	Breaded Fish Filet Tartar Sauce Italian Red Potatoes Tuscany Mix Veg Wheat Bread Apple Cranberry Crisp	190mg 261 4 47 65 129	25 THANKSGIVING DAY If you would like a chilled meal delivered to you on Thanksgiving Day, please notify your case manager, or the on-call case manager, by <u>November 10</u> . Volunteer drivers will be delivering the meals.		26 Thanksgiving Holiday No Meals Delivered			
Calories: 762 Sodium: 1088 mg		Calories: 648 Sodium: 791 mg		Calories: 899 Sodium: 833 mg		Calories: 899 Sodium: 833 mg								
29	*BBQ Pulled Pork Potato Salad Fiesta Mix Vegetables Roll Vanilla Pudding	678mg 100 23 80 174	30	Bean & Chicken Soup *Potato Crunch Fish/Tartar Red Bliss Potatoes Green Beans Muffin Mixed Fruit	215mg 531 8 3 120 3	Menu Nutritional Guidelines: Total calories average 700-800/meal. Total Sodium must not exceed 1200mg/meal unless noted "High". Entrée over 500mg is marked with (*).				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.				
Calories: 924 Sodium: 1163 mg		Cals: 950 Sodium: 1074 mg												

Please call Nutrition Dept. to cancel meals by 11:00AM the day before to help prevent food waste and cost, at 617-628-2601.
To check if meal delivery is cancelled due to inclement weather, call SCES weather line at (617) 628-2614, extension 6789.



Nutrition Tips for Healthy Living! November 2021

Malnutrition Awareness in Older Adults

You can help people understand why it's so important to #BeaNutritionNeighbor!

During Malnutrition Awareness Week®, people throughout the U.S. will unite to raise awareness about the importance of ensuring access to proper nutrition for our most vulnerable populations. Up to one out of two seniors are at risk for malnutrition in the US.

WHAT'S A NUTRITION NEIGHBOR?

- Someone who realizes malnutrition affects 3.7 million older adults, including someone they know.
- Someone who recognizes the signs and symptoms of malnutrition.
- Someone who regularly checks on the older adults in their lives.
- Someone who gets help by visiting www.ncoa.org/nutritiontools and consulting a physician.

#BeaNutritionNeighbor

MALNUTRITION IS CHARACTERIZED BY DEFICIENCIES, EXCESSES, OR IMBALANCES IN A PERSON'S INTAKE OF NUTRIENTS.

3.7 million OLDER AMERICANS are suffering from malnutrition.



50%

of older adults are at risk for malnutrition, and that number is on the rise.

SIGNS AND SYMPTOMS of malnutrition:

- Unintentional weight loss
- Fatigue
- Depression
- Decreased appetite
- Muscle weakness
- Increased illness and infection

RISK FACTORS of malnutrition include:¹



- Social isolation
- Living alone
- Multiple medications
- Oral and dental problems
- Misleading health information
- Food insecurity

By 2035, more than **30%** of the population

in almost every town in Massachusetts will be over the age of 60, and at risk of malnutrition.²



In 2016, malnutrition cost

\$322 million

in additional healthcare spending in Massachusetts.



#BeaNutritionNeighbor

Re-Heating Instructions for Chilled Home Delivered Meals

Heating Instructions:

- Keep meals refrigerator until ready to eat.
- Do NOT use toaster oven to reheat home delivered meals.
- Conventional Oven – Set oven at 350F. Place meal on cookie sheet, bake for 15-20 minutes maximum.
- 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.
- Consume or discard meal within 48 hours of receiving.
- Do not leave out in room temperature for more than 2 hours. Consume or discard refrigerated meal within 48 hours.



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
Delivery options available.

For more menu options and information call 617-628-2601 or visit www.eldercare.org