




November 2021

CCOA Grab n' Go Cold Sandwich Plate Menu

SCES 617-628-2601, www.eldercare.org

MONDAY <small>sodium</small>		TUESDAY <small>sodium</small>		WEDNESDAY <small>sodium</small>		THURSDAY <small>sodium</small>		FRIDAY <small>sodium</small>				
1	Turkey & Provolone on Wheat Bread Potato Salad Broccoli Slaw Cookies	551mg 130 100 145 100	2	Beef Hot Dog Baked Beans Vegetable Medley Whole Grain Bun Vanilla Pudding	540mg 140 24 300 130	3	Election Day No Meals Served		4	Caribbean Thursdays Salmon w/Mango Salsa Yellow Rice California Mix Vegetable Wheat Roll Fig Bar	143mg 25 36 135 35	
<i>Calories: 977 Sodium: 1139 mg</i>		<i>Calories: 880 Sodium: 1289mg</i>				<i>Calories: 795 Sodium: 529mg</i>						
8	Egg Salad On Multigrain Bread German Potato Salad Broccoli Feta Orzo Salad Peaches	130mg 270 17 221 6	9	Garlic Butter Salmon Mashed Potatoes Brussels Sprouts Cornbread Chocolate Pudding	201mg 113 23 90 135	10	Turkey & Provolone On Oat Top Bread Root Vegetable Salad Barley Raisin Salad Mixed Fruit	551mg 230 86 125 3	11	Veteran's Day No Meals Served 		To reserve or cancel a meal, call 617-349-6047 by 11:00am the business day before.
<i>Calories: 870 Sodium: 751mg</i>		<i>Calories: 899 Sodium: 717mg</i>		<i>Calories: 818 Sodium: 1107mg</i>								
15	Curry Chicken Salad On Multigrain Bread Potato Salad Summer Squash Salad Peaches	72mg 270 100 42 6	16	Lemon Rosemary Pork Red Potatoes Green Beans/Red Peppers Wheat Roll Vanilla Pudding	654mg 115 6 135 130	17	Roast Beef & Provolone on Wheat Bread Tossed Garden Salad Sweet Potato Salad Fresh Fruit	349mg 130 168 60 0	18	Maple-Glaze Chicken Sweet Potatoes Tuscan Mix Vegetables Wheat Roll Fruit	532mg 37 31 135 0	Donations appreciated. Suggested, voluntary contribution \$3.00 per meal.
<i>Calories: 897 Sodium: 598mg</i>		<i>Calories: 829 Sodium: 1195mg</i>		<i>Calories: 845 Sodium: 818mg</i>		<i>Calories: 686 Sodium: 890 mg</i>						
22	Turkey & Swiss on Oat Top Bread Barley Raisin Salad Squash Red Onion Salad Diet Vanilla Pudding	470mg 230 125 6 142	23	Beef Stew Biscuit California Mix Vegetables Chocolate Pudding	329mg 410 36 135	24	Chicken Salad On Wheat Bread Balsamic Pasta Salad Beet Salad Fresh Fruit	75mg 130 14 143 0	25	Thanksgiving Day No Meals Served 		Menu subject to change without notice. See back of menu for more Nutrition Information.
<i>Calories: 825 Sodium: 1085mg</i>		<i>Calories: 917 Sodium: 1065mg</i>		<i>Calories: 812 Sodium: 610 mg</i>								
29	Egg Salad On Oat Top Bread Garden Pasta Salad Zucchini Salad Diet Fruited Gelatin	130mg 230 201 64 10	30	Tomato Cream Shrimp Whole Grain Pasta Broccoli Cornbread Vanilla Pudding	496mg 0 6 90 130	Meals may be eaten in the dining room Monday-Thursday, between 11:30 am -12:15 pm, or you may take a Grab and Go meal to go on Mondays and Wednesdays only.		Keep meals refrigerator until ready to eat. Do not leave out in room temperature for more than 2 hours. Consume or discard refrigerated meal within 48 hours.				
<i>Calories: 924 Sodium: 742 mg</i>		<i>Calories: 693 Sodium: 877mg</i>										

Please cancel a meal by 11:00 am the day before to help prevent food waste and cost, call 617-349-6047.

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! 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

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.



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, or Chocolate

Call Age Info Dept at 617-628-2601
Delivery options available

For more nutrition and agency information visit www.eldercare.org