


# November 2021

## Meals-on-Wheels Cold Supper Sandwich 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	* Turkey & Provolone On Wheat Bread Potato Salad Broccoli Slaw Cookies	551mg 130 100 145 100	2	Egg Salad On Multigrain Bread Carrot Raisin Salad Balsamic Pasta Salad Tropical Fruit	130mg 270 137 14 10	3	Roast Beef & Swiss On Oat Top Bread Quinoa Salad Spinach Mandarin Salad Fresh Fruit	268mg 230 140 206 0	4	*Chef Salad w/Tuna Macaroni Salad Pita Pocket Mandarin Oranges	518mg 138 161 7	5	Chicken Salad On Oat Top Bread Riviera Salad Italian Pasta Salad Diet Tapioca Pudding	75mg 230 92 138 142
<i>Calories: 977 Sodium: 1139 mg</i>		<i>Calories: 929 Sodium: 658 mg</i>		<i>Calories: 801 Sodium: 957mg</i>		<i>Calories: 762 Sodium: 960 mg</i>		<i>Calories: 911 Sodium: 784 mg</i>						
8	Egg Salad On Multigrain Bread German Potato Salad Broccoli Feta Salad Peaches	130mg 270 17 221 6	9	CA Chicken Salad On Wheat Bread Three Bean Salad Cole Slaw Vanilla Wafers	70mg 130 34 45 98	10 <b>Last day to request a meal for Thanksgiving day, contact case manager</b> *Turkey & Provolone On Oat Top Bread Root Veg Salad Barley Raisin Salad Mixed Fruit		551mg 230 86 125 3	11	Roast Beef & Swiss On Wheat Bread Beet Salad Potato Salad Fresh Fruit	268mg 130 143 100 0	12	Tuna Salad On Multigrain Bread Macaroni Salad Riviera Salad Diet Vanilla Pudding	241mg 270 138 92 142
<i>Calories: 870 Sodium: 751 mg</i>		<i>Calories: 818 Sodium: 483 mg</i>		<i>Calories: 818 Sodium: 1107 mg</i>		<i>Calories: 881 Sodium: 752 mg</i>		<i>Calories: 853 Sodium: 990 mg</i>						
15	Curry Chicken Salad On Multigrain Potato Salad Summer Squash Salad Peaches	72mg 270 100 42 6	16	Turkey & Swiss on Wheat Bread English Pea Salad Beet Salad Diet Chocolate Pudding	470mg 130 156 143 142	17	Roast Beef & Provolone On Wheat Bread Tossed Garden Salad Sweet Potato Salad Fresh Fruit	349mg 130 168 60 0	18	*Vegetarian Chef Salad Macaroni Salad Muffin Mandarin Oranges	555mg 138 240 7	19	Tuna Salad On Oat Top Bread Spinach Mandarin Salad Italian Pasta Salad Cookies	241mg 230 206 138 100
<i>Calories: 897 Sodium: 598 mg</i>		<i>Calories: 817 Sodium: 1152 mg</i>		<i>Calories: 845 Sodium: 818mg</i>		<i>Calories: 864 Sodium: 1077 mg</i>		<i>Calories: 923 Sodium: 1023 mg</i>						
22	Turkey & Swiss On Oat Top Bread Barley Raisin Salad Zucchini Salad Diet Vanilla Pudding	470mg 230 125 6 142	23	Tuna Salad On Wheat Bread German Potato Salad Broccoli Slaw Pears	241mg 130 17 1454 0	24	Chicken Salad On Multigrain Bread Beet Salad Balsamic Pasta Salad Fresh Fruit	75mg 270 143 14 0	25 <b>THANKSGIVING DAY</b> If you would like a chilled meal delivered to you on Thanksgiving Day, notify your case manager, or the on-call case manager, by <b>November 10</b> . Volunteer drivers will be delivering the meals.		26 <b>Thanksgiving Holiday</b> <b>No meals delivered</b>			
<i>Calories: 825 Sodium: 1085 mg</i>		<i>Calories: 705 Sodium: 644 mg</i>		<i>Calories: 812 Sodium: 610 mg</i>		<b>Menu Nutritional Guidelines:</b> <b>Total calories average 700-800/meal</b> <b>Total Sodium must not exceed 1200mg/meal unless noted "High"</b> <b>Entrée over 500mg is marked with (*)</b>				<b>Missed Meal Policy</b> 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.				
29	Egg Salad On Oat Top Bread Zucchini Salad Garden Pasta Salad Diet Fruited Gelatin	130mg 230 64 201 10	30	Roast Beef & Swiss On Wheat Bread Quinoa Salad Carrot Raisin Salad Fresh Fruit	268mg 130 140 137 0							<i>Calories: 924 Sodium: 742 mg</i>		<i>Calories: 938 Sodium: 786 mg</i>

Please call Nutrition Dept. to cancel meals by 11:00 am 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 for 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](http://www.ncoa.org/nutritiontools) and consulting a physician.

#BeaNutritionNeighbor

### Re-Heating Instructions for Regular 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

For more menu options and information call 617-628-2601 or visit [www.eldercare.org](http://www.eldercare.org)

**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:

- 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.<sup>2</sup>



In 2016, malnutrition cost

**\$322 million**

in additional healthcare spending in Massachusetts.



#BeaNutritionNeighbor