





DECEMBER 2021



Cambridge COA Grab n' Go Menu, 806 Mass Ave SCES Nutrition Department 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>	
<p>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 home on Mondays and Wednesdays only.</p>				<p>1 * Turkey & Provolone 551mg On Wheat Bread 130 Sweet Potato Salad 60 Cole Slaw 45 Diet Pistachio Pudding 142 <i>Calories: 836 Sodium: 1121mg</i></p>		<p>2 Caribbean Thursday *Braised Chickpeas & Chorizo Sausage 785mg Brown Rice & Peas 61 Corn & Red Peppers 6 Corn Bread/Fruit 90 <i>Calories: 861 Sodium: 1097mg</i></p>			
<p>6 Chicken Salad 75mg On Wheat Bread 130 Root Veg Salad 86 Barley Raisin Salad 125 Diet Tapioca Pudding 142 <i>Calories: 755 Sodium: 666mg</i></p>		<p>7 Oven 'Fried' Chicken 150mg Scalloped Potatoes 304 Green Bean & Peppers 6 Cornbread 90 Cinnamon Peaches 10 <i>Calories: 1050 Sodium: 715mg</i></p>		<p>8 Roast Beef & Swiss 268mg On Oat Top Bread 230 Spinach Mandarin Salad 206 Italian Pasta Salad 138 <i>Calories: 966 Sodium: 953mg</i></p>		<p>9 *Pork Chop with Pear Chutney 617mg Butternut Squash 24 Butternut Squash 23 Wheat Bread 135 Brownie 90 <i>Calories: 835 Sodium: 1044mg</i></p>		<p>To reserve or cancel a meal, call 617-349-6047 by 11:00am the business day before.</p>	
<p>13 Egg Salad 130mg On Wheat Bread 130 Garden Pasta Salad 201 Beet Salad 143 Tropical Mix Fruit 10 <i>Calories: 904 Sodium: 710mg</i></p>		<p>14 BBQ Pulled Pork 375mg Mac & Cheese 323 Beets & Greens 73 Wheat Roll 135 Fruit 0 <i>Calories: 902 Sodium: 1061mg</i></p>		<p>15 Roast Beef & Provolone 349mg On Multigrain 230 Broccoli Slaw 145 Barley Raisin Salad 125 Mixed Fruit 3 <i>Calories: 823 Sodium: 964mg</i></p>		<p>16 Braised Beef with Vegetables 131mg Mashed Potatoes 113 Carrots 30 Cornbread 90 Fruit 0 <i>Calories: 754 Sodium: 519 mg</i></p>		<p>Donations appreciated. Suggested, voluntary contribution \$3.00 per meal.</p>	
<p>20 *Turkey & Provolone 551mg On Wheat Bread 130 Potato Salad 100 Carrot Raisin Salad 137 Fresh Fruit 0 <i>Calories: 1036 Sodium: 1030mg</i></p>		<p>21 Fish Tacos 350mg Braised Cabbage 40 Black Bean & Corn 70 Tortilla 220 Fruit 0 <i>Calories: 860 Sodium: 920mg</i></p>		<p>22 Tuna Salad 241mg On Multi Oat Top Bread 230 English Pea Salad 156 Beet Salad 143 Cookies 56 <i>Calories: 721 Sodium: 934 mg</i></p>		<p>23 No Meal Service</p> 		<p>Menu subject to change without notice. See back of menu for more Nutrition Information.</p>	
<p>27 Turkey & Swiss 470mg On Wheat Bread 130 Potato Salad 100 Squash Medley Salad 6 Cookies 56 <i>Calories: 914 Sodium: 875 mg</i></p>		<p>28 Spaghetti Marinara 220mg Turkey Meatballs 580 Broccoli 6 Garlic Toast 120 Fruit 0 <i>Calories: 685 Sodium: 1081mg</i></p>		<p>29 Tuna Salad 241mg On Oat Top Bread 230 Macaroni Salad 138 Broccoli Slaw 145 Diet Vanilla Pudding 142 <i>Calories: 860 Sodium: 1003mg</i></p>		<p>30 Pork Lo Mein 419mg Noodles 17 Kale, Corn, Peppers 14 Wheat Bread 135 Fruit 0 <i>Calories: 835 Sodium: 740mg</i></p>		<p>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.</p>	

Meal Cancellations:

Please cancel a meal reservation by 11:00 am the day before to help prevent food waste and cost, call 617-349-6047. To find out if meals are cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789 to hear a message.



Nutrition Tips for Healthy Living! December 2021

10 Tips for Healthy Eating on a Budget

Re-Heating Instructions for Regular 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.

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

Flavor Choices:
Strawberry, Vanilla, Chocolate

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



10 Tips for Healthy Eating on a Budget

First step to eating healthy on a budget, is deciding your food budget; how much you have to spend each month. There are many food options that offer nutritious choices while working within your food budget. Here are 10 tips to consider:



1. Ask your local store about senior discounts or coupons available. Use coupons for items you would buy and use normally. Compare prices, some items might cost less than coupon items.
2. Plan meals on featured items on sale, stock up on extra canned or shelf stable items when on sale; always check “use by dates” first.
3. Purchase “store” brand versions of items, they usually cost less.
4. Focus on nutritious low-cost foods, such as beans, lentils, peas, sweet and white potatoes, eggs, peanut butter, canned salmon or tuna, grains such as rice, oats, barley, pasta; include frozen or canned fruits and vegetables.
5. Look and compare Unit Prices on the shelf label, this is a helpful tool to compare prices of items per ounce or pound to see which is the better deal for the amount in package.
6. Buy in bulk, such as a large package of chicken breast, then separate them into individual portions when you get home. Store them in freezer bags, label and date, and place in freezer for when needed.
7. Focus on lower cost fruits and vegetables, such as: bananas, oranges, apples, cantaloupe, frozen berries; sweet potatoes, carrots, leafy greens, peppers, onions, broccoli. Keep in mind convenience pre cut/sliced produce may cost more.
8. Buy fresh produce in small amounts, enough for the week, to prevent food waste and money. This will help them to be used before they go bad.
9. Resist tempting items at the check out, or going food shopping when you are hungry. This will help reduce buying things impulsively that you would not normally buy such as candy, treats, sugary beverages, novelty items.
10. Consider monthly food delivery programs, such as CSFP. For more information on these, call SCES Age Info Department at 617-628-2601.