




DECEMBER 2021

Meals-on-Wheels Cold Supper Sandwich Menu

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

MONDAY <small>sodium</small>	TUESDAY <small>sodium</small>	WEDNESDAY <small>sodium</small>	THURSDAY <small>sodium</small>	FRIDAY <small>sodium</small>
<p>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.</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 California Chicken 70mg Salad on Multigrain 230 Balsamic Pasta Salad 86 Root Veg Salad 14 Peaches <i>Calories: 817 Sodium: 515mg</i></p>	<p>3 Tuna Salad 241mg On Wheat Bread 130 Potato Salad 100 Beet Salad 143 Mandarin Oranges 7 <i>Calories: 741 Sodium: 728 mg</i></p>
<p>6 Chicken Salad 75mg on Wheat Bread 130 Root Vegetable Salad 86 Barley Raisin Salad 125 Diet Tapioca Pudding 142 <i>Calories: 755 Sodium: 666mg</i></p>	<p>7 Egg Salad 130mg On Wheat Bread 130 English Pea Salad 156 Tomato Zucchini Salad 60 Peaches 8 <i>Calories: 721 Sodium: 592mg</i></p>	<p>8 Roast Beef & Swiss 268mg On Multigrain Bread 230 Spinach Mandarin Salad 206 Italian Pasta Salad 138 Fresh Fruit <i>Calories: 966 Sodium: 953mg</i></p>	<p>9 *Chef Salad with 518mg Tuna Salad Balsamic Pasta Salad 14 Muffin 170 Mandarin Oranges 7 <i>Calories: 786 Sodium: 816mg</i></p>	<p>10 Turkey & Provolone 451mg On Oat Top Bread 230 Orzo Veg Salad 13 Cole Slaw 45 Cookies 56 <i>Calories: 924 Sodium: 1008 mg</i></p>
<p>13 Egg Salad 130mg On Wheat Bread 130 Garden Pasta Salad 201 Beet Salad 143 Tropical Fruit 10 <i>Calories: 904 Sodium: 710mg</i></p>	<p>14 Turkey & Swiss 470mg On Multigrain Bread 270 Corn Salad 186 Carrot Pineapple Salad 97 Fresh Fruit 0 <i>Calories: 947 Sodium: 1135mg</i></p>	<p>15 Roast Beef & Provolone 349mg On Oat Top Bread 230 Broccoli Slaw 145 Barley Raisin Salad 125 Mixed Fruit 3 <i>Calories: 823 Sodium: 964mg</i></p>	<p>16 Chicken Breast 437 Over Garden Salad Sweet Potato Salad 60 Pita Pocket 161 Vanilla Wafers 117 <i>Calories: 703 Sodium: 912mg</i></p>	<p>17 Tuna Salad 241mg On Multigrain Bread 270 Spinach Mandarin Salad 206 Balsamic Pasta Salad 14 Diet Chocolate Pudding 142 <i>Calories: 746 Sodium: 981 mg</i></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 California Chicken 70mg Salad on Wheat Bread 130 Tomato Broccoli Salad 13 Orzo Veg Salad 64 Diet Pistachio Pudding 142 <i>Calories: 801 Sodium: 526mg</i></p>	<p>22 Tuna Salad 241mg On Oat Top Bread 230 English Pea Salad 156 Beet Salad 143 Cookies 56 <i>Calories: 721 Sodium: 934 mg</i></p>	<p>23 *Ham Chef Salad 570mg Pasta Salad 137 Muffin 120 Tropical Fruit 10 <i>Calories: 886 Sodium: 965mg</i></p>	<p>24 No Meal Delivery </p>
<p>27 Turkey & Swiss 470mg On Wheat Bread 130 Potato Salad 100 Squash Onion Salad 6 Cookies 56 <i>Calories: 914 Sodium: 875 mg</i></p>	<p>28 Curry Chicken Salad 72mg On Multigrain 270 Balsamic Pasta Salad 14 Chickpea Cucumber Salad 109 Fresh Fruit 0 <i>Calories: 844 Sodium: 573mg</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 Roast Beef & 349mg Provolone On Oat Top Bread 230 Garden Pasta Salad 201 Tossed Salad 168 Peaches 8 <i>Calories: 983 Sodium: 1068mg</i></p>	<p>31 No Meal Delivery </p>

Meal Cancellations Notices:

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.

Menu subject to change.



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 meal 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.