




Meals-on-Wheels **DECEMBER 2021** Regular Chilled Menu

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

MONDAY sodium		TUESDAY sodium		WEDNESDAY sodium		THURSDAY sodium		FRIDAY sodium	
<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 Chicken Marsala 397mg Orzo Pilaf 273 Squash Medley 5 Wheat Roll 180 Fresh Fruit 0 <i>Calories: 854 Sodium: 993mg</i></p>		<p>2 Potato Leek Soup 74mg Beef Stuffed Pepper 189 Cauliflower & Carrots 17 Wheat Bread 65 Cookie 60 <i>Calories: 666 Sodium: 599mg</i></p>		<p>3 *Crumb-Topped 548mg Macaroni & Cheese Stewed Tomatoes 251 Multigrain Bread 135 Tropical Fruit 10 <i>Calories: 851 Sodium: 1072mg</i></p>	
<p>6 Cream of Pumpkin Soup 327mg Spinach Pepper Frittata 175 Ratatouille 116 Red Bliss Potatoes 8 Muffin 120 Tropical Fruit 10 <i>Calories: 749 Sodium: 939mg</i></p>		<p>7 Baked Florentine Fish 316mg Whipped Sweet Potatoes 27 Fiesta Mix Vegetables 23 Corn Bread 291 Fresh Fruit 0 <i>Calories: 735 Sodium: 796 mg</i></p>		<p>8 * Roast Turkey & Gravy 617mg Mashed Potatoes 68 Honey Glaze Carrots 77 Multigrain Bread 135 Mixed Fruit 3 <i>Calories: 692 Sodium: 1038 mg</i></p>		<p>9 Minestrone Soup 239mg Broccoli Cheese Stuffed 410 Chicken Breast Roasted Potatoes 10 Jardiniere Mix Vegetables 32 Oat Top Bread 115 Pumpkin Cake 147 <i>Calories: 865 Sodium: 1146mg</i></p>		<p>10 Lentil Stew 486mg Green Beans 3 Tossed Salad 168 Wheat Roll 180 Ambrosia 4 <i>Calories: 779 Sodium: 978 mg</i></p>	
<p>13 Cheese Rigatoni 139mg Italian Meat Sauce 68 Mix Vegetables 19 Dinner Roll 180 Applesauce 10 <i>Calories: 644 Sodium: 544mg</i></p>		<p>14 Chicken Rice Soup 82mg Cranberry Chicken 282 Mashed Potatoes 68 Green & Wax Beans 4 Wheat Bread 65 Peaches 8 <i>Calories: 1014 Sodium: 703mg</i></p>		<p>15 *Crumb-Top Baked Fish 513mg Rice Pilaf 99 Mixed Vegetables 56 Wheat Bread 65 Pumpkin Pudding 110 <i>Calories: 850 Sodium: 979mg</i></p>		<p>16 Holiday Special Cream of Mushroom Soup 194mg Italian Pot Roast 351 Red Bliss Potatoes 8 Tuscany Mix Vegetables 47 Wheat Roll 180 Boston Cream Cup 309 <i>Cals: 841 High Sodium: 1282mg</i></p>		<p>17 *Hot Dog on 550mg Roll 210 Cole Slaw 45 Baked Beans 140 Condiments 218 Fresh Fruit 0 <i>Cals: 807 High Sodium: 1272 mg</i></p>	
<p>20 Vegetable Lasagna 370mg Chicken Meatball 70 Broccoli & Cauliflower 14 Muffin 120 Vanilla Pudding 174 <i>Calories: 809 Sodium: 994 mg</i></p>		<p>21 Cr. of Pumpkin Soup 327mg Spinach Pepper Frittata 320 Italian Potatoes 4 Jardiniere Mix Vegetables 32 Wheat Roll 180 Fresh Fruit 0 <i>Calories: 833 Sodium: 1057 mg</i></p>		<p>22 Chicken Stir Fry 453mg Over Lo Mein Noodles 57 Wheat Bread 65 Mandarin Oranges 7 <i>Calories: 662 Sodium: 720 mg</i></p>		<p>23 Chicken Veg Soup 82mg Pot Roast Stroganoff 179 Mashed Potatoes 68 Honey Glaze Carrots 77 Multigrain Bread 135 Cupcake 170 <i>Calories: 1075 Sodium: 903 mg</i></p>		<p>24 No Meals Delivery</p> 	
<p>27 Sweet & Sour 480mg Chicken Meatballs Fried Rice 256 Asian Mix Vegetables 9 Muffin 120 Pineapple 9 <i>Calories: 680 Sodium: 1012 mg</i></p>		<p>28 Mushroom Barley Soup 146mg Lemon Dill Salmon 447 Peas & Mushrooms 136 Butternut Squash 32 Wheat Bread 65 Apple Cran Bread Pudding 119 <i>Cals: 853 Sodium: 1139 mg</i></p>		<p>29 American Chop Suey 449mg Tuscany Mix Vegetables 47 Tossed Garden Salad 168 Multigrain Bread 135 Mixed Fruit 10 <i>Calories: 1002 Sodium: 946 mg</i></p>		<p>30 Orzo Chicken Soup 56mg *Greek Chicken 561 Red Bliss Potatoes 8 California Mix Veg. 30 Wheat Bread 65 Chocolate Pudding 195 <i>Calories: 927 Sodium: 1107 mg</i></p>		<p>31 No Meal Delivery</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.

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 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.