

Breakfast 4-Week Cycle Menu 2022

Nutrition Program 617-628-2601, www.eldercare.org. Suggested Voluntary Contribution \$2.00 per Meal

| | Monday | Tuesday | Wednesday | Thursday | Friday | Menu Schedule: |
|---------------|--|--|---|--|---|---|
| Week 1 | Fresh Fruit Cup Oatmeal Cottage Cheese French Toast/Syrup Milk & Margarine | Juice Cream of Wheat Boiled Egg Bran Muffin Instant Breakfast Shake Milk & Margarine | Fresh Fruit Cereal Cottage Cheese Pancakes/Syrup Milk & Margarine | Juice Oatmeal Wheat Bagel Peanut Butter Fresh Fruit Milk & Margarine | Juice Cereal Ham & Cheese Multigrain Bread Peanut Butter Milk & Margarine | May 2: Week 1 May 9: Week 2 May 16: Week 3 May 23: Week 4 |
| Week 2 | Low Sodium Tomato Juice Cereal Boiled Egg Muffin Instant Breakfast Shake Milk & Margarine | Juice Oatmeal Wheat Bagel Peanut Butter Fresh Fruit Milk & Margarine | Fruit Cup Cereal Cottage Cheese Waffle/Syrup Milk & Margarine | Juice Cereal Ham & Cheese English Muffin Instant Breakfast Shake Milk & Margarine | Juice Cereal Cheese Omelet Whole Wheat Bread Peanut Butter Milk & Margarine | May 30: Week 1 June. 6: Week 2 June 13: Week 3 June 20: Week 4 |
| Week 3 | Fruit Cup Cereal Cottage Cheese Waffles/Syrup Milk & Margarine | Low Sodium Tomato Juice Cereal English Muffin Peanut Butter Instant Breakfast Shake Milk & Margarine | Juice Oatmeal Boiled Egg Wheat Bagel Cream Cheese Milk & Margarine | Fresh Fruit Cream of Wheat Yogurt Boiled Egg Muffin Milk & Margarine | Fresh Fruit Cereal Ham & Cheese Wheat Bread Instant Breakfast Shake Milk & Margarine | June. 27: Week 1 July 4: Week 2 July 11: Week 3 July 25: Week 4 |
| Week 4 | Juice, Cereal Ham & Cheese Cheese Omelet Oat Bread Instant Breakfast Shake Milk & Margarine | Fresh Fruit Oatmeal Yogurt Apple Turnover Milk & Margarine | Juice Cereal English Muffin Peanut Butter & Jelly Fresh Fruit Milk & Margarine | Fruit Cup Cereal Cottage Cheese Wheat Bagel Milk & Margarine | Low Sodium Juice Cereal Boiled Egg Muffin Instant Breakfast Shake Milk & Margarine | August 1: Week 1 August 8: Week 2 August 15: Week 3 August 22: Week 4 August 29: Week 1 No meals delivered on: May 31, July 4 |

Please call by 11:00 AM the business day before to cancel meals to help prevent food waste and costs, 617-628-2601. Menu subject to change.
Meal Cancellation Weather Line: Call 617-628-2614, ext. 6789 to hear if meals are cancelled due to bad weather.

SCES Nutrition Department Menu Information

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Menu Nutrition Guidelines:

Meals provide one-third 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 menu options and nutrition information visit www.eldercare.org

Heating Instructions:

Reheat and enjoy meals right away or refrigerate upon delivery for later. Consume or discard refrigerated meals within 48 hours.

Do NOT use toaster oven to reheat meal

Microwave oven:

- Peel back lid or slit film to vent steam
- Re-heat in microwave 2 - 3 minutes; stir halfway for even cooking.
- Microwave oven times may vary

Conventional oven:

Place meal on a cookie sheet and set oven at 350 degrees F for 10-15 minutes maximum, or until reaches 165F

Re-heating FROZEN meals:

- In microwave, peel back lid or slit film to vent. Heat frozen meals in microwave for 3 - 5 minutes maximum on high. Stir halfway. OR
- In conventional oven, place meal on cookie sheet, set oven at 350F for 30 minutes maximum

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.

A **Registered Dietitian** is available if you have any questions regarding your meals or special diet. Call the SCES Nutrition Department at 617-628-2601.

Purchase Ensure® Nutrition Drink Supplement by the case from SCES:

Regular Ensure® - \$29.00/24 drinks

Diabetic Ensure® (Glucerna) - \$40.00/24

Ensure Plus® - \$31.00/24 drinks (special order)

No delivery charge for Meals-on-Wheels clients.

There is a \$2.50 delivery charge for all others.

For more information, call SCES Age Info Dept. at **617-628-2601**