

Carb Control 4-Week Cycle Menu 2022 (Pink Dot)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Menu Schedule:
Week 1	Salisbury Steak & Mushroom Gravy with Noodles Italian Mix Vegetables Pears 712 Calories 503mg Sodium 67gm Carbohydrates	Chicken Caribbean Stew Spinach Mandarin Oranges 550 Calories 506 mg Sodium 66 gm Carbohydrates	Beef Stroganoff Over Noodles Carrots Tropical Fruit 690 Calories 471 mg Sodium 70 gm Carbohydrates	Baked Breaded Fish Butternut Squash Roman Mix Vegetables Applesauce 559 Calories 430 mg Sodium 66 gm Carbohydrates	Lemon Chicken w/Peas Corn Broccoli Cookies 623 Calories 588 mg Sodium 65 gm Carbohydrates	May 2: Week 1 May 9: Week 2 May 16: Week 3 May 23: Week 4
Week 2	Chicken Meatballs with Gravy Penne Pasta Broccoli Wheat Roll Gelatin/Topping 652 Calories 636 mg Sodium 69 gm Carbohydrates	Aloha Chicken Rice Pilaf California Mix Vegetables Mixed Fruit 645 Calories 597 mg Sodium 68 gm Carbohydrates	Breaded Fish Filet Butternut Squash Zucchini Applesauce 563 Calories 405mg Sodium 65 gm Carbohydrates	Pot Roast & LS Gravy Mix Root Vegetables Peas/Wheat Roll Diet Vanilla Pudding 717 Calories 739 mg Sodium 69 gm Carbohydrates	Chicken Vegetable Stir Fry White Rice Pineapple 559 Calories 646 mg Sodium 63 gm Carbohydrates	May 30: Week 1 June. 6: Week 2 June 13: Week 3 June 20: Week 4 June. 27: Week 1
Week 3	Turkey Marsala Roasted Root Vegetables White Rice Mixed Fruit 532 Calories 872 mg Sodium 68 gm Carbohydrates	Beef Burgundy Rice Pilaf Beets Diet Gelatin 634 Calories 642 mg Sodium 51 gm Carbohydrates	Chicken Souvlaki Over Orzo Italian Mix Vegetables Applesauce 727 Calories 689 mg Sodium 67 gm Carbohydrates	Swedish Chicken Meatballs over White Rice Carrots Tropical Mix Fruit 611 Calories 520 mg Sodium 66 gm Carbohydrates	Baked Breaded Fish Chuckwagon Corn Tuscany Mix Vegetables Fresh Fruit 552 Calories 413 mg Sodium 70 gm Carbohydrates	July 4: Week 2 July 11: Week 3 July 25: Week 4 August 1: Week 1 August 8: Week 2
Week 4	Ziti & Meatballs Green Beans LS Wheat Bread Diet Vanilla Pudding/Topping 639 Calories 769 mg Sodium 67 gm Carbohydrates	Breaded Fish Filet/Tartar Carrots Peas Diet Chocolate Pudding 637 Calories 921 mg Sodium 63 gm Carbohydrates	Chicken with Vegetables Zucchini LS Wheat Bread Applesauce 539 Calories 591 mg Sodium 60 gm Carbohydrates	Turkey & Jardiniere Gravy White Rice Fiesta Mix Vegetables Peaches 523 Calories 925 mg Sodium 68 gm Carbohydrates	Meatloaf & Gravy Roasted Potatoes Beets Tropical Mixed Fruit 704 Calories 520 mg Sodium 66 gm Carbohydrates	August 15: Week 3 August 22: Week 4 August 29: Week 1 No meals on: May 31, June 20, July 4

Please call by 11:00 AM the business day before to cancel meals to help prevent food waste and costs. 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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Carbohydrate Controlled Menu:

- ☉ Provides calories and nutrients based on 1/3 of the Recommended Dietary Allowances for older adults.
- ☉ No more than 30% of daily calories from fats, LF = Low Fat.
- ☉ Sodium controlled, approximately 700-800 mg per meal, LS = Low Sodium.
- ☉ No salt used in preparation, and low sodium ingredients are used.
- ☉ Average total carbohydrates per meal 45-65 grams.
- ☉ We offer sugar-free puddings, gelatins, or carb-controlled baked products.
- ☉ Fruits and vegetables rich in vitamin A & C.
- ☉ Breads are enriched or whole grain.
- ☉ 8 ounces of 2% Milk.
- ☉ "Trans-fat" free margarine or butter included.

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 internal temperature of 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, or until reaches 165F.

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**