



Puree 4-Week Cycle Menu (green 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 & Gravy Noodles Italian Blend Vegetables Pears 896 Calories 517 mg Sodium	Chicken Caribbean Stew Spinach Gelatin/Topping 806 Calories 655 mg Sodium	Beef Stroganoff Mashed Potatoes Carrots Tropical Fruit 910 Calories 585 mg Sodium	Lemon Pepper Fish Butternut Squash Roman Mix Vegetables Applesauce 786 Calories 558 mg Sodium	Lemon Chicken w/Peas Sweet Potatoes Broccoli Chocolate Pudding/Topping 919 Calories 802 mg Sodium	May 2: Week 1 May 9: Week 2 May 16: Week 3 May 23: Week 4
Week 2	Baked Ziti Chicken Meatball Broccoli Peaches 902 Calories 1108 mg Sodium	Aloha Chicken Sweet Potatoes California Mix Vegetables Mixed Fruit 756 Calories 619 mg Sodium	Breaded Fish with Scarpariello Sauce Butternut Squash Zucchini Applesauce 801 Calories 572 mg Sodium	Pot Roast & LS Gravy Mix Root Vegetables Mashed Potatoes Vanilla Pudding 1076 Calories 665 mg Sodium	Chicken Vegetable Stir Fry Mashed Potatoes Pears 842 Calories 795 mg Sodium	May 30: Week 1 June. 6: Week 2 June 13: Week 3 June 20: Week 4
Week 3	Turkey Marsala Roasted Root Vegetables Mashed Potatoes Mixed Fruit 833 Calories 1026 mg Sodium	Beef Burgundy Sweet Potatoes Diced Beets Gelatin/Topping 837 Calories 712 mg Sodium	Chicken Souvlaki Mashed Potatoes Italian Mix Vegetables Applesauce 864 Calories 793 mg Sodium	Swedish Meatballs Peas Carrots Tropical Mix Fruit 784 Calories 694 mg Sodium	Lemon Dill Baked Fish Butternut Squash Tuscany Mix Vegetables Chocolate Pudding 964 Calories 966 mg Sodium	June. 27: Week 1 July 4: Week 2 July 11: Week 3 July 25: Week 4
Week 4	Macaroni & Cheese Zucchini Gelatin/Topping 971 Calories 884 mg Sodium	Lemon Baked Fish Filet Carrots Mashed Potatoes Mixed Fruit 913 Calories 649 mg Sodium	Chicken with Sauteed Vegetables Mashed Potatoes Applesauce 810 Calories 684 mg Sodium	Roast Turkey & Jardiniere Gravy Sweet Potatoes Fiesta Mix Vegetables Peaches 735 Calories 1039 mg Sodium	Meatloaf & LS Gravy Boiled Potatoes Diced Beets Tropical Mixed Fruit 849 Calories 677 mg Sodium	August 1: Week 1 August 8: Week 2 August 15: Week 3 August 22: Week 4 August 29: Week 1 No meal 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, 617-628-2601. Menu Subject to change.

SCES Nutrition Department Menu Information

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Puree Meal Description:

- ☉ These meals consist of puree entrees, sides, and dessert.
- ☉ Sufficient calories and nutrients based on 1/3 of the Recommended Dietary Allowances for older adults. Average calories range from 700-800 per meal.
- ☉ No more than 30-35% of daily calories from fats. LF = Low Fat
- ☉ Sodium controlled, no more than 1200 mg per meal. LS = Low Sodium
- ☉ No salt is used in preparation, and low sodium ingredients are used.
- ☉ Fruits and vegetables rich in vitamin A & C are provided daily.
- ☉ 8-ounce milk, and margarine provided.
- ☉ Puree meals includes a nutrition drink.

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

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**