




Meals-on-Wheels May 2022 Cold Sandwich Menu

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	sodium		sodium		sodium		sodium		sodium
2 Turkey & Swiss on Wheat Bread Sweet Potato Salad Squash Red Onion Salad Vanilla Wafers <i>Calories: 878 Sodium: 947mg</i>	470mg 130 4 60 69	3 Tuna Salad on Multigrain Bread Balsamic Pasta Salad Tossed Garden Salad Fresh Fruit <i>Calories: 740 Sodium: 801mg</i>	241mg 270 14 168 1	4 Chicken Salad on Oat Top Bread Quinoa Salad Cole Slaw Tropical Fruit Mix <i>Calories: 784 Sodium: 598mg</i>	75mg 230 140 45 10	5 Egg Salad on Oat Top Bread Mediterranean Salad Barley Raisin Salad Applesauce <i>Calories: 881 Sodium: 768mg</i>	130mg 230 173 129 10	6 *Vegetarian Chef Salad Potato Salad Muffin Diet Tapioca Pudding <i>Calories: 784 Sodium: 1095 mg</i>	555mg 100 160 142
9 Egg Salad on Multigrain Bread Sweet Potato Salad Broccoli Feta Orzo Salad Peaches <i>Calories: 848 Sodium: 796mg</i>	130mg 270 60 221 8	10 *Chicken Caesar Salad Potato Salad Wheat Bread Fresh Fruit <i>Calories: 827 Sodium: 839mg</i>	519mg 100 65 1	11 Tuna Salad on Oat Top Bread Root Vegetable Salad Barley Raisin Salad Vanilla Wafers <i>Calories: 823 Sodium: 863mg</i>	241mg 230 129 86 69	12 Turkey & Swiss on Multigrain Bread Macaroni Salad Tomato Zucchini Salad Mixed Fruit <i>Calories: 936 Sodium: 1053mg</i>	470mg 270 138 60 3	13 Roast Beef/Provolone On Wheat Bread Carrot Raisin Salad English Pea Salad Ambrosia <i>Calories: 961 Sodium: 883mg</i>	349mg 130 137 156 4
16 Chicken Salad on Multigrain Bread Broccoli Slaw Potato Salad Mixed Fruit <i>Calories: 815 Sodium: 702mg</i>	75mg 270 145 100 3	17 Turkey & Swiss on Wheat Bread English Pea Salad Zucchini Tomato Salad Diet Chocolate Pudding <i>Calories: 802 Sodium: 1070mg</i>	470mg 130 156 60 142	18 Roast Beef/Provolone On Wheat Bread Summer Squash Salad Sweet Potato Salad Fresh Fruit <i>Calories: 922 Sodium: 693mg</i>	349mg 130 42 60 1	19 Tuna Salad On Multigrain Bread Carrot Raisin Salad Tossed Salad Pears <i>Calories: 715 Sodium: 928mg</i>	241mg 270 137 168 4	20 Cottage Cheese Fruit Plate Quinoa Salad Muffin Cookies <i>Cals: 666 Sodium: 718mg</i>	180mg 140 160 100
23 Tuna Salad on Multigrain Bread Barley Raisin Salad Squash Red Onion Salad Diet Vanilla Pudding <i>Calories: 819 Sodium: 896mg</i>	241mg 129 6 270 142	24 *Vegetarian Chef Salad Macaroni Salad Muffin Mandarin Oranges <i>Calories: 854 Sodium: 997mg</i>	555mg 138 160 7	25 Curry Chicken Salad On Multigrain Bread Potato Salad Beet Salad Fresh Fruit <i>Calories: 842 Sodium: 692mg</i>	72mg 270 100 143 1	26 Turkey & Swiss On Oat Top Bread Orzo Veg Salad Cole Slaw Vanilla Wafers <i>Calories: 852 Sodium: 936mg</i>	470mg 230 13 45 69	27 Roast Beef/Provolone On Wheat Bread Spinach Mandarin Salad Italian Pasta Salad Pears <i>Calories: 971 Sodium: 938mg</i>	349mg 130 206 138 4
30 Memorial Day Holiday No Meals Delivered  MEMORIAL DAY		31 Chicken Salad On Oat Top Bread Macaroni Salad Root Veg Salad Peaches <i>Calories: 911 Sodium: 654mg</i>	75mg 230 138 86 8					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.	

Meal Cancellations & Notices:

Please cancel a meal reservation by 11:00 am the business day before to help prevent food waste and cost, call Nutrition at 617-628-2601.

To find out if meals are cancelled due to severe weather, call SCES weather line at (617) 628-2614, extension 6789 to hear a message.

Menu subject to change without notice. See back of menu for heating instructions and more nutrition information.



Nutrition Tips for Healthy Living! May 2022

Produce Food Safety Tips



Heating Instructions for Soups and Regular Chilled Home Delivered Meals

Soup Heating instructions:

Remove cover to vent soup. Microwave 1 or 2 minutes, microwave times will vary; or pour soup in a small pot and heat on stove. Contents will be hot.

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.
- Do not leave out in room temperature for more than 2 hours.
- Consume or discard refrigerated meal within 48 hours.

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

Purchase Ensure® 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 Options: Strawberry, Vanilla, Chocolate
 Call Age Info Dept at 617-628-2601
 Delivery options are available

Produce Food Safety Tips (Source: FDA U.S. Food and Drug Administration)

Fruits and vegetables are a healthy part of our diets. Local markets offer many colorful, nutritious, and in-season fruits and vegetables. It is important fresh produce is handled properly to keep safe for you to enjoy. Here are some safety tips on handling fresh fruits and vegetables.

Buying:

- Choose produce that is not bruised or badly damaged
- Ensure precut or sliced fruits and vegetables are refrigerated or surrounded by ice at market for purchase.
- Store fresh produce in separate bags from raw meat, poultry or seafoods to prevent raw juices from dripping on fresh produce.

Storing:

- Store perishable fresh fruits and vegetables in refrigerator, ensure refrigerator temperature is 40F or below. Using a refrigerator thermometer is the best way to make sure.
- Perishable produce may include fresh leafy green vegetables, soft skinned fruits like berries.
- Store pre-cut or sliced packaged produce in refrigerator.
- Refrigerate within 2 hours after you cut, peel or cooked produce.

Separating:

- Use separate, clean cutting boards and utensils for fresh fruits and vegetables and raw meat, poultry, and seafood.

Preparing:

- Always wash hands with warm, soapy water and scrub for at least 20 seconds before preparing food.
- Remove any damaged or bruised areas of produce before using; discard completely any rotten and moldy produce.
- Clean and gently scrub produce under running water, even if outer layer will be discarded, like melons. No special produce soaps or cleaners are recommended.
- Use clean towel or paper towel to dry produce if needed.