




Cambridge COA May 2022 Grab n' Go Lunch Menu

SCES Nutrition Department 617-628-2601, www.eldercare.org

| MONDAY <small>sodium</small> | | TUESDAY <small>sodium</small> | | WEDNESDAY <small>sodium</small> | | THURSDAY <small>sodium</small> | | FRIDAY <small>sodium</small> | |
|-----------------------------------|---|-------------------------------|---|---|---|---|--|--|--|
| 2 | Spaghetti and Meatballs Mixed Vegetables Garlic Bread Apple | 3 | Shepherd's Pie 345mg Mashed Potatoes 113 Zucchini & Brussel sprouts 15 Biscuit 135 Fresh Fruit 0 | 4 | Grilled Cheese & Tomato Soup Fruit Cup | 5 | Breaded Cod/Tartar 345mg Roasted Potatoes 115 California Mix Vegetable 36 Wheat Bread 135 Mixed Fruit 10 | Hot meals prepared in the senior center kitchen are back on Mondays and Wednesday! | |
| To Go: Chicken Salad Sandwich | | Calories: 798 Sodium: 763mg | To Go: Greek Chicken Salad | | Calories: 683 Sodium: 786mg | | | | |
| 9 | Chicken Tenders Oven Fries Coleslaw Toasted Bun Orange | 10 | Breaded Catfish 350mg Macaroni & Cheese 338 Collard Greens 65 Wheat Bread 135 Chocolate Pudding 130 | 11 | Soft Shell Beef Tacos Mixed Vegetables Fruit Cup | 12 | Orange Chicken 597mg White Rice 25 Vegetable Medley 18 Muffin 90 Fruit 0 | To reserve or cancel a senior center meal, call 617-349-6047 by 11:00am the business day before. | |
| To Go: Egg Salad Sandwich | | Calories: 801 Sodium: 1007mg | To Go: Caprese Mozzarella Sandwich | | Calories: 796 Sodium: 885mg | | | | |
| 16 | Pork Chop & Applesauce Carrots Rice Pilaf Whole Grain Bread Apple | 17 | Broccoli Cheese 410mg Stuffed Chicken Sweet Rice 25 Carrots 30 Muffin/Fruit 90 | 18 | Baked Tilapia Potatoes Broccoli Pudding Wheat Roll | 19 | Creamy Cajun Shrimp 563mg Cheesy Grits 116 Mixed Vegetables 17 Cornbread 90 Fruit 0 | Donations appreciated. Suggested, voluntary contribution \$3.00 per meal. | |
| To Go: Tri Color Tortellini Salad | | Calories: 843 Sodium: 710mg | To Go: Roast Beef & Swiss Sandwich | | Calories: 757 Sodium: 986mg | | | | |
| 23 | Shrimp Fettuccine w/Red Sauce Side Salad Wheat Roll Pudding | 24 | Chicken Garbanzo 256mg Chili Tuscan Blend Vegetables 31 Corn Bread 90 Vanilla Pudding 130 | 25 | Split Pea Soup Baked Ham Mashed Potatoes Wheat Roll Apple | 26 | Breaded Fish/Tartar 345mg Rice Pilaf 55 Green Bean/Red Pepper 6 Wheat Bread 135 Cinnamon Pears 10 | Meals may be eaten in the dining room Monday-Thursday, between 11:30 am -12:15 pm, or chilled meals may be taken home to go. | |
| To Go: Tuna Salad Sandwich | | Calories: 728 Sodium: 662mg | To Go: Turkey & Provolone | | Calories: 710 Sodium: 638mg | | | | |
| 30 | Memorial Day Holiday  | 31 | Mediterranean Chicken 417mg Sandwich w/ L & T 4 Black Eyed Peas 39 Wheat Bun 230 Fruit 0 |  | |  | | Keep meals refrigerator until ready to eat. Do not leave out in room temperature for more than 2 hours. Consume or discard refrigerated meal within 48 hours. | |
| | | Calories: 731 Sodium: 1065mg | | | | | | | |

Please cancel a meal reservation by 11:00 am the business 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 without notice. See back of menu for more Nutrition Information.



Nutrition Tips for Healthy Living! May 2022

Produce Safety Tips

Heating Instructions for Soups and Regular Chilled Meals

Soup Heating instructions:

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

Regular Meal 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.

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
 Ensure® Plus \$31.00/case of 24
 Glucerna Diabetic \$40.00/24

Flavor Choices:
 Strawberry, Vanilla, Chocolate

Call Age Info Dept at
 617-628-2601
 Delivery options available.

Produce 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 pre-cut 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.

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