






## Somerville Council on Aging Lunch Grab n' Go Menu

SCES 617-628-2601, [www.eldercare.org](http://www.eldercare.org) Donations are appreciated. Suggested, voluntary contribution \$3.00 per meal

Ralph & Jenny MONDAY		Ralph & Jenny TUESDAY		WEDNESDAY		Holland St THURSDAY		Holland St FRIDAY						
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	Butternut Sq. Soup Pot Roast/Gravy Mashed Potatoes Green Beans Wheat Bread Ambrosia <i>Hot - Calories: 976 Sodium: 553 mg</i>	Tuna Salad on Multigrain Bread Balsamic Pasta Sld. Tossed Salad Fresh Fruit	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	Spinach Red Pepper Frittata Green Beans Roasted Potatoes Corn Bread Chocolate Pudding <i>Hot - Calories: 848 Sodium: 725mg</i>	*Chicken Caesar Salad Potato Salad Wheat Bread Fresh Fruit	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	Chicken Soup Beef Burgundy Mashed Potatoes Peas & Carrots Wheat Roll Cookie <i>Hot -Calories:886 Sodium: 804mg</i>	Turkey & Swiss Multigrain Bread Macaroni Salad Tom. Zucc. Salad Mixed Fruit	13		
16	Chicken Salad on Multigrain Bread Broccoli Slaw Potato Salad Mixed Fruit  <i>Calories: 815 Sodium: 702mg</i>	75mg 270 145 100 3	17	Chicken & Mix Bean Soup American Chop Suey Tuscany Vegetables Multigrain Bread Peaches <i>Hot -Calories:1150 Sodium: 1155mg</i>	Turkey & Swiss on Wheat Bread English Pea Salad Zucc./Tomato Salad Diet Chocolate Pudding	18	<b>Holland St</b> 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		
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	*Greek Chicken Rice Pilaf Brussels Sprouts Muffin Pineapple <i>Hot -Calories: 806 Sodium: 938mg</i>	*Vegetarian Chef Salad Macaroni Salad Muffin Mandarin Oranges	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	Garden Soup Shepherd's Pie Spinach Wheat Roll Fresh Fruit  <i>Hot-Calories: 834 Sodium: 860mg</i>	Turkey & Swiss On Oat Bread Orzo Veg Salad Cole Slaw Vanilla Wafers	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 No Meals Program  		31	Potato Crunch Fish Tartar Sauce Mashed Potatoes Mixed Vegetables Wheat Bread Fruited Gelatin <i>Hot - Calories: 988 Sodium: 700mg</i>	Chicken Salad On Oat Top Bread Macaroni Salad Root Veg Salad Peaches	<b>Ralph &amp; Jenny</b> 9 New Washington St, Somerville 11:30am on Mondays, Tuesdays, and Wednesdays May 4, 11, 25		<b>Holland St:</b> 167 Holland St, Somerville 11:30am on Wednesday May 18, Thursdays, Friday May 6, 27		<b>Hot Meals served on Tuesdays &amp; Thursdays are dine-in only. Cold sandwich meals are available for Grab and Go.</b>				

**Meal Cancellations Notices:** Menu subject to change without notice.

Please cancel or reserve a meal reservation call by 11:00 am the business day before at 617-625-6600, ext 2321.

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.



# Nutrition Tips for Healthy Living! May 2022

## Produce Food Safety Tips

### SCOA Lunch Locations

To reserve or cancel a meal, please call SCOA at 617-625-6600, ext 2321, by 11AM the business day before.

#### Mondays, Tuesdays, and May 4, 11, 25

Ralph and Jenny Senior Center, 9 New Washington St, Somerville, 11:30am

#### Thursdays, Friday May 6 & 27, Wed May 18

Holland St Senior Center, 167 Holland St, Somerville, 11:30am

Hot meals served on Tuesdays & Thursdays are dine-in only.  
Cold sandwich meals are available for Grab and Go.

### 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 menu options and nutrition information visit [www.eldercare.org](http://www.eldercare.org)

Keep meals refrigerator until ready to eat. Do not leave out in room temperature for more than 2 hours. Consume or discard refrigerated cold meal within 48 hours.

### **Purchase Ensure® nutrition drink from SCES**

Ensure® \$29.00/case of 24 drinks  
Ensure® Plus \$31.00/case of 24  
Glucerna Diabetic \$40.00/case of 24  
Flavors: 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.