




Cambridge COA June 2022 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>
		1 Spaghetti & Meatballs Green Beans Garlic Bread Dessert To Go: Greek Salad with Chicken	2 Caribbean Day Caribbean Fish Curry Rice & Beans Mixed Vegetables Wheat Bread Mixed Fruit Calories: 683 Sodium: 786mg	Hot meals prepared at the senior center are back on Mondays and Wednesday!
6 Chicken Parmesan Pasta Garden Salad Bread & Dessert To Go: Egg Salad Sandwich	7 Breaded Catfish 350mg Macaroni & Cheese 338 Collard Greens 65 Wheat Bread 135 Chocolate Pudding 130 Calories: 801 Sodium: 1173mg	8 Pot Roast with Gravy Mixed Onion, Potatoes, and Carrots Bread and Dessert To Go: Caprese Mozzarella Sandwich	9 Egg Roll Skillet 454mg With Chicken 25 White Rice 18 Vegetable Medley 90 Muffin/Fruit 0 Calories: 796 Sodium: 742mg	
13 Cuban Style Pork Rice Peas & Carrots Bread & Dessert To Go: Tri Color Tortellini Salad	14 Tuna Salad on 241mg Multigrain Bread 270 Broccoli Slaw 145 Balsamic Pasta Salad 14 Cookies 117 Calories: 850 Sodium: 895mg	15 London Broil Mashed Potatoes Mixed Vegetables Bread and Dessert To Go: Roast Beef & Swiss Sandwich	16 Creamy Cajun 563mg Shrimp Cheese Grits 116 Mixed Vegetables 17 Sweet Roll/Fruit 80 Calories: 757 Sodium: 931mg	Donations appreciated. Suggested, voluntary contribution \$3.00 per meal.
20 Juneteenth Holiday Observed No meals today 	21 Egg Salad on 130mg Wheat Bread 130 English Pea Salad 156 Beet Salad 143 Cookies 117 Calories: 929 Sodium: 787mg	22 Chicken Tacos Mixed Vegetables Dessert To Go: Turkey & Provolone Sandwich	23 Breaded Pollock 260mg Rice Pilaf 55 Green Beans/Peppers 6 Wheat Bread 135 Cinnamon Pears 10 Calories: 710 Sodium: 706mg	
27 Sloppy Joes Cole Slaw Potato Wedges Bread & Dessert To Go: Tuna Salad Sandwich	28 Chicken & Garbanzo 256mg Chili Whole Grain Cornbread 90 Tuscan Vegetables 31 Cookies 150 Calories: 728 Sodium: 682mg	29 Baked Haddock Rice Pilaf Steamed Broccoli Bread & Dessert To Go: Greek Salad with Chicken	30 Country "Fried" 492mg Steak w/Gravy Mashed Potatoes 113 California Mix Vegetable 6 Wheat Bread 135 Mixed Fruit 10 Calories: 787 Sodium: 986mg	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.

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! June 2022

June is Elder Abuse Awareness Month

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.



June is Elder Abuse Awareness Month!

Concerned about abuse? Help is available

Elder abuse can be physical, emotional, sexual or financial. It also includes neglect and self-neglect. It affects elders across all income levels, cultures, gender and races.

Roughly 10% of older adults have experienced some form of elder abuse — but only 1 out of every 14 cases are reported to authorities.

Know the signs of Elder Abuse:

- Unexplained financial loss
- Unexplained bruises or injuries
- Isolation
- Verbal abuse
- Threats
- Changes in mood or behavior
- Rapid decline in health
- Sudden confusion
- Unexplained weight loss
- Neglecting care needs
- Hesitation to speak openly

Concerned about Elder Abuse? Elder Protective Services (PS) can assess the level of risk and work with older adults to break the cycle of abuse.

Other resources that can help with elder abuse include:

- Cambridge Council On Aging 617-349-6220
- Somerville Council On Aging 617-625-6600 x2300
- Transition House 857-777-6724
- RESPOND 24-Hour Hotline..... 617-623-5900



Report Elder Abuse by calling the state Elder Abuse Hotline at

1-800-922-2275

All calls are confidential