


Meals-on-Wheels June 2022 Regular Chilled Menu

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

MONDAY <small>sodium mg</small>		TUESDAY <small>sodium mg</small>		WEDNESDAY <small>sodium mg</small>		THURSDAY <small>sodium mg</small>		FRIDAY <small>sodium mg</small>	
		1 *Roast Turkey with 594mg Jardiniere Gravy 119 Green Beans 3 Butternut Squash 32 Wheat Bread 65 Tropical Fruit 10 <i>Calories: 615 Sodium: 951mg</i>		2 Minestrone Soup 239mg Chicken Veg Sauté 347 Orzo Pasta 38 Oat Top Bread 140 Oatmeal Raisin Cookie 75 <i>Calories: 909 Sodium: 1032 mg</i>		3 *Crumb-Topped 548mg Macaroni & Cheese Broccoli 12 Multigrain Bread 135 Orange 0 <i>Calories: 830 Sodium: 833 mg</i>			
		6 Spinach Red Pepper 320mg Quiche Ratatouille 116 Italian Roast Potatoes 4 Muffin 160 Tropical Mix Fruit 10 <i>Calories: 753 Sodium: 737mg</i>		7 Cr. Mushroom Soup 194mg Chicken Cacciatore 644 over Noodles 40 Broccoli 9 Wheat Bread 65 Fresh Fruit 0 <i>Calories: 801 Sodium: 1146mg</i>		8 Pot Roast w/Gravy 120mg Butternut Squash 32 Summer Mix Vegetables 67 Wheat Bread 65 Ambrosia 4 <i>Calories: 743 Sodium: 424mg</i>		9 Fish/Cheese Sandwich 375mg On Roll 212 Tartar Sauce 70 Sweet Potato Tots 200 Cole Slaw 45 Oatmeal Raisin Cookie 75 <i>Calories: 949 Sodium: 1115mg</i>	
13 *Caprese Chicken 532mg White Rice 5 Broccoli & Cauliflower 14 Multigrain Bread 135 Tapioca Pudding 186 <i>Calories: 748 Sodium: 1006 mg</i>		14 Cheese Stuffed 139mg Rigatoni Italian Meat Sauce 304 Italian Mix Vegetables 19 Dinner Roll 180 Applesauce 10 <i>Calories: 664 Sodium: 780mg</i>		15 *Hot Dog 550mg On Roll 210 Baked Beans 140 Cole Slaw 45 Condiments 218 Peaches 8 <i>Calories: 783 High Sodium: 1308mg</i>		16 Father's Day Special Chicken Veg Soup 81mg Beef Burgundy 170 Cheddar Mashed Potato 99 Honey Glaze Carrots 77 Corn Bread 211 Brownie 297 <i>Calories: 1205 Sodium: 1128 mg</i>		17 Breaded Fish 190mg Lemon Garlic Sauce 246 Sweet Potato Tots 200 Mixed Vegetables 56 Wheat Bread 65 Fresh Fruit 0 <i>Calories: 863 Sodium: 831mg</i>	
20 Juneteenth Holiday Observed No Meal Delivery 		21 Italian Garden Soup 142mg Breaded Fish/Tartar 260 Sweet Potato Tots 120 Spinach 145 Oat Top Bread 140 Peaches 8 <i>Calories: 796 Sodium: 1009mg</i>		22 Beef Stroganoff 179mg Over Noodles 40 Honey Glaze Carrots 77 Multigrain Bread 135 Fresh Fruit 0 <i>Calories: 771 Sodium: 570mg</i>		23 Chicken Souvlaki 45mg Red Bliss Potatoes 4 Brussels Sprouts 17 Multigrain Bread 135 Vanilla Pudding 174 <i>Calories: 899 Sodium: 924mg</i>		24 Meatloaf with 116mg Mushroom Gravy 122 Mashed Potatoes 68 Peas & Onions 75 Multigrain Bread 65 Fruited Gelatin/Topping 12 <i>Calories: 998 Sodium: 594mg</i>	
27 Potato Crunch Fish 337mg Tartar Sauce 70 Quinoa Pilaf 56 Carrots 77 Wheat Bread 65 Fresh Fruit 0 <i>Calories: 920 Sodium: 744 mg</i>		28 Cr Pumpkin Soup 327mg Shepherd's Pie 197 Green Beans 3 Wheat Bread 65 Peaches 8 <i>Calories: 877 Sodium: 794mg</i>		29 *Lasagna with 557mg Chicken Meatball 70 Zucchini & Red Peppers 5 Multigrain Bread 135 Chocolate Chip Cookie 60 <i>Calories: 656 Sodium: 964mg</i>		30 *Roast Turkey with 594mg Jardiniere Gravy 119 Red Bliss Potatoes 8 Mixed Vegetables 56 Wheat Bread 65 Chocolate Pudding 195 <i>Calories: 782 Sodium: 1174mg</i>		<p>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.</p>	

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! June 2022

June is Elder Abuse Awareness Month

Staying hydrated: Tips from the National Institute on Aging:

- Do not wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Have a cup of broth-based soup.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.
- Drink low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Do not stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.
- Aim for 6-8 cups fluids per day, unless otherwise recommended by your healthcare provided for medical reasons.



Sources: <https://www.nia.nih.gov/health/getting-enough-fluids>; <https://health.usnews.com/health-care/patient-advice/articles/what-older-adults-need-to-know-about-hydration>

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

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