

# Breakfast 4-Week Cycle Menu 2022

Nutrition Program 617-628-2601, [www.eldercare.org](http://www.eldercare.org). Suggested Voluntary Contribution \$2.00 per Meal

	Monday	Tuesday	Wednesday	Thursday	Friday	Menu Schedule:
<b>Week 1</b>	Fresh Fruit Cup Oatmeal Cottage Cheese French Toast/Syrup Milk & Margarine	Juice Cream of Wheat Boiled Egg Bran Muffin Instant Breakfast Shake Milk & Margarine	Fresh Fruit Cereal Cottage Cheese Pancakes/Syrup Milk & Margarine	Juice Oatmeal Wheat Bagel Peanut Butter Fresh Fruit Milk & Margarine	Juice Cereal Ham & Cheese Multigrain Bread Peanut Butter Milk & Margarine	May 2: Week 1 May 9: Week 2 May 16: Week 3 May 23: Week 4 May 30: Week 1
<b>Week 2</b>	Low Sodium Tomato Juice Cereal Boiled Egg Muffin Instant Breakfast Shake Milk & Margarine	Juice Oatmeal Wheat Bagel Peanut Butter Fresh Fruit Milk & Margarine	Fruit Cup Cereal Cottage Cheese Waffle/Syrup Milk & Margarine	Juice Cereal Ham & Cheese English Muffin Instant Breakfast Shake Milk & Margarine	Juice Cereal Cheese Omelet Whole Wheat Bread Peanut Butter Milk & Margarine	June. 6: Week 2 June 13: Week 3 June 20: Week 4 June. 27: Week 1
<b>Week 3</b>	Fruit Cup Cereal Cottage Cheese Waffles/Syrup Milk & Margarine	Low Sodium Tomato Juice Cereal English Muffin Peanut Butter Instant Breakfast Shake Milk & Margarine	Juice Oatmeal Boiled Egg Wheat Bagel Cream Cheese Milk & Margarine	Fresh Fruit Cream of Wheat Yogurt Boiled Egg Muffin Milk & Margarine	Fresh Fruit Cereal Ham & Cheese Wheat Bread Instant Breakfast Shake Milk & Margarine	July 4: Week 2 July 11: Week 3 July 18: Week 4 July 25: Week 1 August 1: Week 2
<b>Week 4</b>	Juice, Cereal Ham & Cheese Cheese Omelet Oat Bread Instant Breakfast Shake Milk & Margarine	Fresh Fruit Oatmeal Yogurt Apple Turnover Milk & Margarine	Juice Cereal English Muffin Peanut Butter & Jelly Fresh Fruit Milk & Margarine	Fruit Cup Cereal Cottage Cheese Wheat Bagel Milk & Margarine	Low Sodium Juice Cereal Boiled Egg Muffin Instant Breakfast Shake Milk & Margarine	August 8: Week 3 August 15: Week 4 August 22: Week 1 August 29: Week 2 <b>No meals on: June 20, July 4</b>

Please call by 11:00 AM the business day before to cancel meals to help prevent food waste and costs, 617-628-2601. Menu subject to change.

Meal Cancellation Weather Line: Call 617-628-2614, ext. 6789 to hear if meals are cancelled due to bad weather.

# SCES Nutrition Department Menu Information

Nutrition Program 617-628-2601, [www.eldercare.org](http://www.eldercare.org). Suggested Voluntary Contribution \$2.00 per meal

## 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](http://www.eldercare.org)

## Heating Instructions:

Reheat and enjoy meals right away or refrigerate upon delivery for later. Consume or discard refrigerated meals within 48 hours.

**\*Do NOT use toaster oven to reheat meal\***

## Microwave oven:

- Peel back lid or slit film to vent steam
- Re-heat in microwave 2 - 3 minutes; stir halfway for even cooking.
- Microwave oven times may vary

## Conventional oven:

Place meal on a cookie sheet and set oven at 350 degrees F for 10-15 minutes maximum, or until reaches 165F

## Re-heating FROZEN meals:

- In microwave, peel back lid or slit film to vent. Heat frozen meals in microwave for 3 - 5 minutes maximum on high. Stir halfway. OR
- In conventional oven, place meal on cookie sheet, set oven at 350F for 30 minutes maximum

## 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.

A **Registered Dietitian** is available if you have any questions regarding your meals or special diet. Call the SCES Nutrition Department at 617-628-2601.

## Purchase Ensure® Nutrition Drink Supplement by the case from SCES:

**Regular Ensure®** - \$29.00/24 drinks

**Diabetic Ensure® (Glucerna)** - \$40.00/24

**Ensure Plus®** - \$31.00/24 drinks (special order)

No delivery charge for Meals-on-Wheels clients.

There is a \$2.50 delivery charge for all others.

For more information, call SCES Age Info Dept. at **617-628-2601**