



Cardiac 4-Week Cycle Menu (Brown Dot)

Nutrition Program 617-628-2601, www.eldercare.org. Suggested Voluntary Contribution \$2.00 per Meal

	Monday	Tuesday	Wednesday	Thursday	Friday	Menu Schedule:
Week 1	Salisbury Steak Mushroom Gravy Noodles Italian Blend Vegetables LS Wheat Bread Fresh Fruit 662 Calories 497 mg Sodium	Chicken Caribbean Stew Spinach Wheat Bread Diet Gelatin/Topping 717 Calories 618 mg Sodium	Beef Stroganoff Over Noodles Carrots Wheat Roll Tropical Fruit 753 Calories 643 mg Sodium	Breaded Baked Fish Butternut Squash Roman Mix Vegetables Multigrain Bread/Juice Vanilla Wafers 718 Calories 626 mg Sodium	Lemon Chicken w/Peas Sweet Potatoes Broccoli LS Wheat Bread/Juice Cookies 742 Calories 666 mg Sodium	May 2: Week 1 May 9: Week 2 May 16: Week 3 May 23: Week 4 May 30: Week 1
Week 2	Baked Ziti Chicken Meatball Broccoli Wheat Bread Peaches 801 Calories 1066 mg Sodium	Aloha Chicken Rice Pilaf California Mix Vegetables Multigrain Bread Fresh Fruit 766 Calories 702 mg Sodium	Breaded Fish Filet Butternut Squash Zucchini Multigrain Bread Applesauce 662 Calories 529 mg Sodium	Pot Roast & LS Gravy Mix Root Vegetables Mashed Potatoes Wheat Roll Diet Vanilla Pudding 795 Calories 710 mg Sodium	Chicken Vegetable Stir Fry White Rice Muffin Pineapple 708 Calories 795 mg Sodium	June. 6: Week 2 June 13: Week 3 June 20: Week 4 June. 27: Week 1
Week 3	Turkey Marsala Roasted Root Vegetables White Rice LS Wheat Bread Mixed Fruit 631 Calories 926 mg Sodium	Beef Burgundy Sweet Potatoes Diced Beets LS Wheat Bread Diet Fruited Gelatin 753 Calories 624 mg Sodium	Chicken Souvlaki Over Orzo Italian Mix Vegetables Wheat Roll Applesauce 788 Calories 875 mg Sodium	Swedish Chicken Meatballs over White Rice Carrots LS Wheat Bread Tropical Mix Fruit 714 Calories 577 mg Sodium	Baked Breaded Fish Butternut Squash Tuscany Mix Vegetables Multigrain Bread Fresh Fruit/Juice 754 Calories 556 mg Sodium	July 4: Week 2 July 11: Week 3 July 18: Week 4 July 25: Week 1
Week 4	Macaroni & Cheese Zucchini LS Wheat Bread Diet Gelatin/Topping 785 Calories 795 mg Sodium	Breaded Fish Filet Carrots Mashed Potatoes Multigrain Bread Vanilla Wafer Cookies 840 Calories 686 mg Sodium	Chicken with Sauteed Vegetables Rice Pilaf LS Wheat Bread Applesauce 694 Calories 677 mg Sodium	Roast Turkey & Jardiniere Gravy Sweet Potatoes Fiesta Mix Vegetables Wheat Bread/Peaches 630 Calories 1003 mg Sodium	Meatloaf & LS Gravy Roasted Potatoes Diced Beets Wheat Roll Tropical Mixed Fruit 744 Calories 729 mg Sodium	August 1: Week 2 August 8: Week 3 August 15: Week 4 August 22: Week 1 August 29: Week 2

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

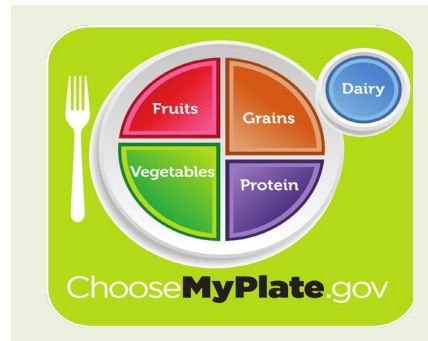
No meals on: June 20, July 4

SCES Nutrition Department Menu Information

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Cardiac Menu Description:

- ☉ Calories and nutrients to meet 1/3 of the Recommended Daily Allowances for older adults.
- ☉ Total fat, no more than 30% of daily calories, LF = Low-fat.
- ☉ Sodium controlled to be average 700 - 800 mg sodium per meal, LS = Low Sodium.
- ☉ No salt used in preparation. Low sodium soup and gravy bases are used.
- ☉ Total sodium provided on menu, includes milk and condiments.
- ☉ Desserts are carbohydrate controlled.
- ☉ Whole grain breads included.
- ☉ Fruits and vegetables rich in vitamin C.
- ☉ 8 ounces low-fat milk included.
- ☉ Margarine is trans-fat free.



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 internal temperature of 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)

Flavors: Vanilla, Strawberry, Chocolate

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**