



# Chopped Soft (yellow) Ground (blue) 4-Week Cycle Menu

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>	Salisbury Steak & Gravy Noodles Italian Mix Vegetables Pears <b>896 Calories</b> <b>517 mg Sodium</b>	Chicken Caribbean Stew Spinach Gelatin/Topping <b>806 Calories</b> <b>655 mg Sodium</b>	Beef Stroganoff Over Noodles Carrots Tropical Fruit <b>874 Calories</b> <b>557 mg Sodium</b>	Breaded Fish Filet Lemon Pepper Sauce Butternut Squash Roman Mix Vegetables Applesauce <b>786 Calories</b> <b>558 mg Sodium</b>	Lemon Chicken with Peas Sweet Potatoes Broccoli Chocolate Pudding/Topping <b>907 Calories</b> <b>798 mg Sodium</b>	May 2: Week 1 May 9: Week 2 May 16: Week 3 May 23: Week 4 May 30: Week 1
<b>Week 2</b>	Baked Ziti Chicken Meatball Broccoli Peaches <b>890 Calories</b> <b>1104 mg Sodium</b>	Aloha Chicken Rice Pilaf California Mix Vegetables Mixed Fruit <b>838 Calories</b> <b>691 mg Sodium</b>	Baked Fish with Scarpariello Sauce Butternut Squash Zucchini Applesauce <b>801 Calories</b> <b>572 mg Sodium</b>	Pot Roast & LS Gravy Mix Root Vegetables Mashed Potatoes Vanilla Pudding <b>1076 Calories</b> <b>665 mg Sodium</b>	Chicken Vegetable Stir Fry White Rice Diced Pears <b>730 Calories</b> <b>732 mg Sodium</b>	June 6: Week 2 June 13: Week 3 June 20: Week 4 June 27: Week 1
<b>Week 3</b>	Turkey Marsala Roasted Root Vegetables White Rice Mixed Fruit <b>720 Calories</b> <b>963 mg Sodium</b>	Beef Burgundy Sweet Potatoes Diced Beets Gelatin/Topping <b>837 Calories</b> <b>712 mg Sodium</b>	Chicken Souvlaki Over Orzo Italian Mix Vegetables Applesauce <b>920 Calories</b> <b>783 mg Sodium</b>	Swedish Chicken Meatballs Over White Rice Carrots Tropical Mix Fruit <b>804 Calories</b> <b>614 mg Sodium</b>	Breaded Fish Lemon Dill Sauce Butternut Squash Tuscany Mix Vegetables Chocolate Pudding <b>964 Calories</b> <b>966 mg Sodium</b>	July 4: Week 2 July 11: Week 3 July 18: Week 4 July 25: Week 1
<b>Week 4</b>	Macaroni & Cheese Zucchini Gelatin/Topping <b>971 Calories</b> <b>884 mg Sodium</b>	Lemon Baked Fish Filet Carrots Mashed Potatoes Mixed Fruit <b>913 Calories</b> <b>649 mg Sodium</b>	Chicken with Sauteed Vegetable Rice Pilaf Applesauce <b>764 Calories</b> <b>707 mg Sodium</b>	Roast Turkey & Jardiniere Gravy Sweet Potatoes Fiesta Mix Vegetables Peaches <b>720 Calories</b> <b>1041 mg Sodium</b>	Meatloaf & LS Gravy Roasted Potatoes Diced Beets Tropical Mixed Fruit <b>720 Calories</b> <b>592 mg Sodium</b>	August 1: Week 2 August 8: Week 3 August 15: Week 4 August 22: Week 1 August 29: Week 2 <b>No meals on:</b> <b>June 20 and July 4</b>

Please call by 11:00 AM the business day before to cancel meals to help prevent food waste and costs. 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

## Chopped Soft & Ground Menu:

- ☉ Menu components are chopped, soft or ground for the appropriate texture, including entrees, starches, vegetables, and desserts.
- ☉ Sufficient calories and nutrients based on 1/3 of the Recommended Dietary Allowances for older adults.
- ☉ No more than 30-35% of daily calories from fats. LF = Low Fat
- ☉ Sodium controlled, no more than 1200 mg per meal. LS = Low Sodium
- ☉ No salt is used in preparation, and low sodium ingredients are used.
- ☉ Fruits and vegetables are rich in vitamin A & C.
- ☉ Nutrition Drink supplement provided
- ☉ Includes 8-ounce 2% milk and margarine



## 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 it 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 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**