


August 2022

Cold Supper Sandwich Menu

SCES 617-628-2601, www.eldercare.org

Suggested, voluntary donation of \$2.00 per meal

MONDAY sodium mg			TUESDAY sodium mg			WEDNESDAY sodium mg			THURSDAY sodium mg			FRIDAY sodium mg		
1	Egg Salad on Wheat Bread Quinoa Salad Tomato Zucchini Salad Diet Chocolate Pudding	130mg 130 140 60 142	2	Chicken Salad on Oat Top Bread Root Vegetable Salad Macaroni Salad Cookies	75mg 230 86 138 69	3	Tuna Salad on Wheat Bread Sweet Potato Salad Tossed Salad Fresh Fruit	241mg 130 60 168 0	4	Roast Beef & Swiss on Multigrain Bread Balsamic Pasta Salad Cole Slaw Pineapple	268mg 270 55 14 9	5	Turkey & Swiss on Wheat Bread Tossed Garden Salad Summer Potato Salad Peaches	470mg 130 168 65 6
<i>Calories: 708 Sodium: 709mg</i>			<i>Calories: 951 Sodium: 706mg</i>			<i>Calories: 700 Sodium: 707mg</i>			<i>Calories: 833 Sodium: 769mg</i>			<i>Calories: 791 Sodium: 951 mg</i>		
8	California Chicken Salad on Wheat Bread Root Vegetable Salad Potato Salad Diet Vanilla Pudding	70mg 130 86 100 142	9	Turkey & Swiss on Multigrain Bread English Pea Salad Zucchini Salad Mixed Fruit	470mg 270 156 64 3	10	Tuna Salad on Wheat Bread Spinach Mandarin Salad Balsamic Pasta Salad Peaches	241mg 130 206 14 8	11	Cottage Cheese Fruit Plate Barley Raisin Salad Muffin Cookies	330mg 129 160 100	12	Roast Beef & Provolone on Oat Top Bread Broccoli Slaw Italian Pasta Salad Fresh Fruit	349mg 230 145 138 0
<i>Calories: 841 Sodium: 635mg</i>			<i>Calories: 700 Sodium: 1072mg</i>			<i>Calories: 733 Sodium: 707mg</i>			<i>Calories: 853 Sodium: 856mg</i>			<i>Calories: 1027 Sodium: 975mg</i>		
15	Egg Salad on Wheat Bread Garden Pasta Salad Beet Salad Fresh Fruit	130mg 130 201 143 0	16	Tuna Salad on Multigrain Bread Spinach Mandarin Salad Macaroni Salad Cookies	241mg 270 206 138 69	17	Grilled Chicken over Tossed Garden Salad Potato Salad Muffin Mixed Fruit	437mg 100 160 3	18	Turkey & Swiss on Oat Top Bread Broccoli Slaw Balsamic Pasta Salad Tropical Fruit	470mg 230 145 14 10	19	Roast Beef & Provolone on Multigrain Bread Quinoa Tabbouleh Salad Tossed Garden Salad Diet Chocolate Pudding	349mg 270 28 168 142
<i>Cold: Calories: 904 Sodium: 710mg</i>			<i>Calories: 876 Sodium: 1032mg</i>			<i>Calories: 746 Sodium: 838mg</i>			<i>Calories: 864 Sodium: 971mg</i>			<i>Calories: 809 Sodium: 1069mg</i>		
22	Turkey & Swiss on Wheat Bread Carrot Raisin Salad Orzo Veg Salad Mixed Fruit	470mg 130 137 13 3	23	Egg Salad on Wheat Bread English Pea Salad Beet Salad Cookies	130mg 130 156 143 69	24	Chicken Salad on Oat Top Bread Sweet Potato Salad Tossed Salad Diet Pistachio Pudding	75mg 230 60 168 142	25	*Ham Chef Salad Potato Salad Muffin Fresh Fruit	570mg 100 160 0	26	Tuna Salad on Wheat Bread Balsamic Pasta Salad Cole Slaw Pineapple	241mg 130 14 45 1
<i>Calories: 968 Sodium: 865mg</i>			<i>Calories: 775 Sodium: 735mg</i>			<i>Calories: 760 Sodium: 783mg</i>			<i>Calories: 804 Sodium: 970mg</i>			<i>Calories: 803 Sodium: 539mg</i>		
29	Chicken Salad on Wheat Bread Cucumber Feta Salad Potato Salad Diet Tapioca Pudding	75mg 130 80 100 142	30	Egg Salad on Wheat Bread Broccoli Slaw Balsamic Pasta Salad Cookies	130mg 130 145 14 100	31	Roast Beef & Provolone on Wheat Bread Tossed Garden Salad Italian Pasta Salad Fresh Fruit	349mg 130 168 138 0				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.		
<i>Calories: 843 Sodium: 635mg</i>			<i>Calories: 872 Sodium: 627mg</i>			<i>Calories: 903 Sodium: 948mg</i>								

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 more information.



Nutrition Tips for Healthy Living! August 2022 Cooling Centers, and Farmers' Market Coupon

Local Cooling Center Information

The **Cambridge Council on Aging** will serve as the main number for individuals to call for information and assistance in the event of a heat emergency. A staff person will provide information on preventive steps to avoid heat stress and coordinate with available community resources to link you with the assistance you need. **For assistance, or to see if a formal heat emergency has been declared, please contact the**

Council on Aging at 617-349-6220. Hours of operation:

Cambridge Senior Center (806 Mass. Avenue)

Open Monday 8:30 am - 8:00 pm, Tuesday to Thursday 8:30 am – 5:00 pm,
and Friday 8:30 am – Noon

The North Cambridge Senior Center (2050 Mass Avenue)

Open only on Mondays 11:30 am – 5:00 pm and Fridays 11:30 am – 3:00 pm

Somerville-Cambridge Elder Services (SCES) is offering free transportation to help older adults and adults with disabilities cope with heatwaves this summer. SCES will offer round trip transportation to local cooling centers during heat waves throughout the summer. To arrange for transportation, call 617-628-2601 and ask for the Transportation Department. General questions about the cooling centers can be directed to the Council on Aging's main line: 617-349-6220.

FANS FOR SENIORS: If you are a senior who is low income, does not have a fan, and has difficulty affording one, please call 617-349-6220 and ask for Vincent, Dee, or Maryellen. Seniors, who have received a fan within the last 3 years, will be ineligible, unless circumstances deem it necessary.



Heating Instructions

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.

Chilled 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.

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

Farmers' Market Coupons are Available!

The Farmers' Market coupon program provides low-income older adults with **\$25.00** worth of coupon vouchers to use at local participating farmer markets. It encourages consumption of fresh fruits and vegetables while supporting local farmers.

Here are some coupon distribution dates and locations:

Aug. 8 from 9 to 3 at 61 Medford St., 3rd floor, Somerville. Call 617 628 2601 and ask for the nutrition department to sign up.

The below coupon pickup sites are walk-in and do not require pre-registration:

Aug. 9 from 1 to 3:30 at the Ralph and Jenny Senior Center (9 New Washington St, Somerville)

Aug. 10 from 10 to 1 at the Somerville Senior Center (167 Holland St, Somerville)

Aug. 11 from 10 to 2 at the Cambridge Senior Center (806 Mass Ave, Cambridge)

Aug. 12 from 1 to 3 at the North Cambridge Senior Center (2050 Mass Ave, Cambridge)

Coupons are distributed at various other locations, call Somerville Cambridge Elder Services Nutrition Department at 617-628-2601 for more information on how to get the coupons.

To receive coupons, participants must be:

- ❖ 60 years of age or older or disabled under 60 living in federal elderly housing building with a congregate meal program.
- ❖ Meet low-income guidelines.
- ❖ Resident of Somerville or Cambridge.
- ❖ Proof of residency to receive coupons, such as government issued ID, utility bill, rental receipt or mortgage statement.
- ❖ Must be present to sign for them or request a proxy form if not able to be physically present, along with the applicant's ID/License.
- ❖ Coupons are while supplies last; on a first come, first serve basis.
- ❖ For Farmers Market Locations, visit <https://massnrc.org/farmlocator/map.aspx>



This institution is an equal opportunity provider.

Look for certified farmers that accept Farmers Market Coupons:

