




# August 2022 Regular Chilled Menu

SCES 617-628-2601, [www.eldercare.org](http://www.eldercare.org)

Suggested, voluntary donation of \$2.00 per meal.

| MONDAY                              |   | TUESDAY                             |                                  | WEDNESDAY                                |   | THURSDAY                                 |                                  | FRIDAY                               |  |       |                              |   |   |  |                               |    |   |       |                                  |
|-------------------------------------|---|-------------------------------------|----------------------------------|--|---|--|----------------------------------|--------------------------------------|--|-------|------------------------------|---|---|--|-------------------------------|----|---|-------|----------------------------------|
| sodium mg                           |   | sodium mg                           |                                  | sodium mg                                |   | sodium mg                                |                                  | sodium mg                            |  |       |                              |   |   |  |                               |    |   |       |                                  |
| 1                                   | *Crumb-Top<br>Mac & Cheese<br>Broccoli<br>Multigrain Bread<br>Fresh Fruit   | 548mg                               | 12<br>135<br>0                   | 2  | Minestrone Soup<br>Potato Crunch Fish<br>Tartar Sauce<br>Italian Roasted Potatoes<br>Mixed Vegetables<br>Wheat Bread<br>Fruited Gelatin | 239mg                                    | 270<br>70<br>4<br>56<br>65<br>12 | 3                                    | *Roast Turkey with<br>Jardiniere Gravy<br>Green Beans<br>Butternut Squash<br>Cornbread<br>Tropical Fruit | 577mg | 3<br>32<br>211<br>10         | 4   | Chicken with Sauté<br>Vegetables<br>Orzo Pasta<br>Oat Top Bread<br>Oatmeal Raisin Cookie                              | 347mg  | 38<br>115<br>75               | 5  | Meatloaf &<br>Mushroom Gravy<br>Mashed Potatoes<br>Parsley Peas & Onions<br>Wheat Bread<br>Vanilla Pudding      | 238mg | 68<br>75<br>65<br>174            |
| <i>Calories: 845 Sodium: 835mg</i>  |   | <i>Calories: 949 Sodium: 910mg</i>  |                                  | <i>Calories: 700 Sodium: 962mg</i>       |   | <i>Calories: 687 Sodium: 712mg</i>       |                                  | <i>Calories: 1095 Sodium: 757 mg</i> |  |       |                              |   |   |  |                               |    |   |       |                                  |
| 8                                   | Cream Mushroom Soup<br>Spinach & Pepper Quiche<br>Ratatouille<br>Italian Roasted Potatoes<br>Muffin<br>Tropical Fruit | 194mg                               | 320<br>116<br>4<br>160<br>10     | 9  | *Baked Ziti<br>Chicken Meatball<br>Broccoli<br>Wheat Bread<br>Pineapple   | 744mg                                    | 70<br>12<br>65<br>9              | 10                                   | Beef Stroganoff<br>Over Noodles<br>Summer Mix Vegetables<br>Wheat Bread<br>Ambrosia                      | 179mg | 40<br>67<br>65<br>4          | 11  | <b>Summer Special</b><br>BBQ Chicken<br>Mac & Cheese<br>Broccoli Slaw<br>Corn Bread<br>Watermelon                     | 662mg  | 199<br>145<br>211<br>2        | 12 | Breaded Fish Sandwich<br>With Cheese & Tartar<br>Sweet Potato Tots<br>Country Mix Vegetables<br>Roll<br>Fig Bar | 190mg | 184/70<br>120<br>40<br>212<br>35 |
| <i>Calories: 840 Sodium: 987mg</i>  |   | <i>Calories: 788 Sodium: 1038mg</i> |                                  | <i>Calories: 839 Sodium: 491mg</i>       |   | <i>Calories: 777 High Sodium: 1357mg</i> |                                  | <i>Calories: 998 Sodium: 989mg</i>   |  |       |                              |   |   |  |                               |    |   |       |                                  |
| 15                                  | *Caprese Chicken<br>White Rice<br>Broccoli & Cauliflower<br>Multigrain Bread<br>Brownie                               | 532mg                               | 5<br>14<br>135<br>297            | 16                                       | Cheese Rigatoni<br>Italian Meat Sauce<br>Italian Mix Vegetables<br>Wheat Roll<br>Pears  | 139mg                                    | 236<br>68<br>180<br>4            | 17                                   | *Hot Dog<br>on Roll<br>Cole Slaw<br>Baked Beans<br>Condiments<br>Peaches                                 | 550mg | 212<br>45<br>140<br>218<br>8 | 18  | Chicken Veg Soup<br>Beef Burgundy<br>Cheddar Mashed Potatoes<br>Honey Glaze Carrots<br>Cornbread<br>Tapioca Pudding   | 82mg   | 170<br>99<br>77<br>211<br>145 | 19 | Baked Breaded Fish<br>Sweet Potato Tots<br>Mixed Vegetables<br>Wheat Bread<br>Fresh Fruit                       | 190mg | 120<br>56<br>65<br>0             |
| <i>Calories: 869 Sodium: 1120mg</i> |   | <i>Calories: 664 Sodium: 784mg</i>  |                                  | <i>Calories: 753 High Sodium: 1278mg</i> |   | <i>Calories: 1055 Sodium: 977mg</i>      |                                  | <i>Calories: 687 Sodium: 568mg</i>   |  |       |                              |   |   |  |                               |    |   |       |                                  |
| 22                                  | Chicken a l' Orange<br>Rice Pilaf<br>Brussels Sprouts<br>Multigrain Bread<br>Cookies                                  | 273mg                               | 99<br>17<br>135<br>85            | 23                                       | Italian Garden Soup<br>Baked Breaded Fish<br>Sweet Potato Tots<br>Spinach<br>Oat Top Bread<br>Peaches                                   | 142mg                                    | 190<br>120<br>145<br>115<br>8    | 24                                   | Lasagna with Sauce<br>Chicken Meatball<br>Zucchini & Red Peppers<br>Multigrain Bread<br>Fresh Fruit      | 793mg | 70<br>5<br>115<br>0          | 25  | Broccoli Mushroom<br>Frittata<br>Italian Roasted Potatoes<br>Riviera Mix Vegetables<br>Wheat Bread<br>Fruited Gelatin | 181mg  | 4<br>7<br>65<br>12            | 26 | Pot Roast w/Gravy<br>Baked Potato Half<br>Sour Cream<br>Honey Glazed Carrots<br>Wheat Roll<br>Tapioca Pudding   | 120mg | 4<br>9<br>77<br>180<br>145       |
| <i>Calories: 765 Sodium: 746mg</i>  |   | <i>Calories: 757 Sodium: 931mg</i>  |                                  | <i>Calories: 667 Sodium: 1140mg</i>      |   | <i>Calories: 661 Sodium: 407mg</i>       |                                  | <i>Calories: 680 Sodium: 672mg</i>   |  |       |                              |   |   |  |                               |    |   |       |                                  |
| 29                                  | Broccoli Cheese Soup<br>Potato Crunch Fish<br>Tartar Sauce<br>Quinoa Pilaf<br>Carrots<br>Wheat Bread<br>Fresh Fruit   | 220mg                               | 190<br>70<br>56<br>77<br>65<br>0 | 30                                       | American Chop Suey<br>Parmesan Cheese<br>Green Beans<br>Wheat Bread<br>Peaches  | 449mg                                    | 108<br>3<br>65<br>8              | 31                                   | Broccoli Mushroom<br>Quiche<br>Roasted Potatoes<br>Squash Medley<br>Muffin<br>Cookie                     | 358mg | 6<br>4<br>160<br>60          |  |   | <p><b>Missed Meal Policy</b><br/>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> |                               |    |   |       |                                  |
| <i>Calories: 996 Sodium: 872mg</i>  |   | <i>Calories: 1011 Sodium: 771mg</i> |                                  | <i>Calories: 861 Sodium: 726mg</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.

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 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](http://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., 3<sup>rd</sup> 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 other various 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:

