



# August 2022

## Somerville Council on Aging Lunch Menu

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

Suggested, voluntary donation of \$3.00 per meal

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
sodium mg		sodium mg		sodium mg		sodium mg		sodium mg					
1	Egg Salad on Wheat Bread Quinoa Salad Tomato Zucchini Salad Diet Chocolate Pudding	130mg 130 140 60 142	2	Minestrone Soup Potato Crunch Fish Roasted Potatoes Mixed Vegetables Wheat Bread Fruited Gelatin	Chicken Salad on Oat Top Bread Root Vegetable Salad Macaroni Salad Cookies	3		4	Chicken with Vegetables Orzo Pasta Oat Top Bread Oatmeal Raisin Cookie	Roast Beef & Swiss On Multigrain Pasta Salad Cole Slaw Pineapple	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>HOT: Calories: 949 Sodium: 910mg</i>				<i>HOT: Calories: 687 Sodium: 712mg</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	*Baked Ziti Chicken Meatball Broccoli Wheat Bread Pineapple	Turkey & Swiss Multigrain Bread English Pea Salad Zucchini Salad Mixed Fruit	10		11		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>HOT: Calories: 788 Sodium: 1038mg</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	Cheese Rigatoni Italian Meat Sauce Italian Mix Vegetables Wheat Roll Pears	Tuna Salad On Multigrain Spinach Mandarin Salad Macaroni Salad Cookies	17		18	Chicken Soup Beef Burgundy Cheddar Mashed Honey Carrots Cornbread Tapioca Pudding	Turkey & Swiss On Oat Bread Broccoli Slaw Pasta Salad Tropical Fruit	19		
<i>Calories: 904 Sodium: 710mg</i>		<i>HOT: Calories: 664 Sodium: 784mg</i>						<i>HOT: Calories: 1055 Sodium: 977mg</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		25	Broccoli Mush. Frittata Roasted Potatoes Mix Vegetables Wheat Bread Fruited Gelatin	*Ham Chef Salad Potato Salad Muffin Fresh Fruit	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>HOT: Calories: 661 Sodium: 407mg</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	American Chop Suey Parmesan Cheese Green Beans Wheat Bread Peaches	Egg Salad On Wheat Bread Broccoli Slaw Pasta Salad Cookies	31		<b>Ralph &amp; Jenny:</b> 9 New Washington St, Somerville 11:30am on: Mondays – Aug. 1, 8, 15, 22, 29 Tuesdays – Aug. 2, 9, 16, 23, 30 Friday – Aug. 12		<b>Holland St:</b> 167 Holland St, Somerville 11:30am on: Thursdays – Aug. 4, 18, 25 Fridays – Aug. 5, 26			
<i>Calories: 843 Sodium: 635mg</i>		<i>HOT: Calories: 1011 Sodium: 771mg</i>											

**Meal Cancellations Notices:** Menu subject to change without notice.

Please cancel or reserve a meal reservation by 11:00 am the business day before at 617-625-6600, ext. 2321.

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.



# Nutrition Tips for Healthy Living! August 2022

## Farmers' Market Coupon Program

### SCOA Lunch Dates & Locations

To reserve or cancel a meal, please call SCOA at 617-625-6600, ext. 2321, by 11AM the business day before.

Lunch served at 11:30AM

**Ralph and Jenny Senior Center:** 9 New Washington St, Somerville,  
Mondays – Aug. 1, 8, 15, 22, 29  
Tuesdays – Aug. 2, 9, 16, 23, 30  
Friday – August 12

**Holland St Senior Center:** 167 Holland St, Somerville  
Thursdays – Aug. 4, 18, 25  
Fridays – Aug. 5, 26

Hot meals served on Tuesdays & Thursdays are dine-in only.  
Cold sandwich meals are available for Grab and Go.

### 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. in 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.

### Nutrition Guidelines for Menu:

Meals provide 1/3 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)

Keep meals refrigerator until ready to eat. Do not leave out in room temperature for more than 2 hours. Consume or discard refrigerated cold meal within 48 hours.

### **Purchase Ensure® nutrition drink from SCES**

Ensure® \$29.00/case of 24 drinks  
Ensure® Plus \$31.00/case of 24  
Glucerna Diabetic \$40.00/case of 24  
Flavors: Strawberry, Vanilla, Chocolate  
Call Age Info Dept at 617-628-2601  
Delivery options available

### 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, at or below 185% Federal Poverty Level.
- ❖ 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:

