

Cambridge COA August 2022 Lunch Menu

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

MONDAY <small>sodium</small>		TUESDAY <small>sodium</small>		WEDNESDAY <small>sodium</small>		THURSDAY <small>sodium</small>		FRIDAY <small>sodium</small>	
1	Baked Shrimp Fettucine with Cherry Tomatoes and Feta Side Salad	2	Chicken Salad 75mg On Oat Top Bread 230 Root Vegetable Salad 86 Macaroni Salad 138 Cookies 69 <i>Calories: 951 Sodium: 706mg</i>	3	BLT Cole Slaw Potato Salad	4	Caribbean Thursday 252mg Creole Chicken Drumsticks 3 Plantains 14 Kale & Peppers 135 Wheat Bread/Fruit 0 <i>Calories: 678 Sodium: 559mg</i>	Hot meals prepared at the senior center are back on Mondays and Wednesday!	
8	Baked Lasagna & Meatballs Side Salad	9	Turkey & Swiss 470mg On Multigrain Bread 270 English Pea Salad 156 Zucchini Salad 64 Mixed Fruit 3 <i>Calories: 700 Sodium: 1072mg</i>	10	Curry Chicken Mixed vegetables Yellow Rice and Peas	11	Cottage Cheese 330mg Fruit Plate Barley Raisin Salad 129 Muffin 160 Cookies 100 <i>Calories: 853 Sodium: 856mg</i>		
15	Beef Tacos Yellow Rice & Peas Mixed Vegetables	16	Tuna Salad 241mg On Multigrain Bread 270 Spinach Mandarin Salad 206 Macaroni Salad 138 Cookies 69 <i>Calories: 876 Sodium: 1032mg</i>	17	Baked Haddock Curly Fries Side Salad	18	Turkey & Swiss 470mg On Oat Top Bread 230 Broccoli Slaw 145 Balsamic Pasta Salad 14 Tropical Fruit 10 <i>Calories: 864 Sodium: 971mg</i>	Donations appreciated. Suggested, voluntary contribution \$3.00 per meal.	
22	Lemon Roasted Chicken Rice Pilaf Caprese Salad	23	Egg Salad 130mg On Wheat Bread 130 English Pea Salad 156 Beet Salad 143 Cookies 69 <i>Calories: 775 Sodium: 735mg</i>	24	Shredded Beef on a Handroll With Peppers & Onions Potato Salad	25	*Ham Chef Salad 570mg Potato Salad 100 Muffin 160 Fresh Fruit 0 <i>Calories: 804 Sodium: 970mg</i>		
29	Country Fired Pork Chops Garlic Mashed Potatoes Broccoli Applesauce	30	Egg Salad 130mg On Wheat Bread 130 Broccoli Slaw 145 Balsamic Pasta Salad 14 Cookies 100 <i>Calories: 872 Sodium: 627mg</i>	31	Grilled Chicken Caesar Salad Pasta Salad			Keep meals refrigerator until ready to eat. Do not leave out in room temperature for more than 2 hours. Consume or discard refrigerated meal within 48 hours.	

**Please cancel a meal reservation by 11:00 am the business day before to help prevent food waste and cost, call 617-349-6047.
To find out if meals are cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789 to hear a message.
Menu subject to change without notice.**



Nutrition Tips for Healthy Living! August 2022

Farmers' Market Coupon Program

Heating Instructions for Soups and Regular Chilled Meals

Soup Heating instructions:

Remove cover to vent soup. Microwave 1 or 2 minutes, stir halfway for even cooking; or pour soup in a small pot and heat on stove. Contents will be hot; microwave times will vary.

Regular 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.

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 more nutrition information visit

www.eldercare.org

Purchase Ensure® nutrition drink from SCES

Ensure® \$29.00/case of 24
Ensure® Plus \$31.00/case of 24
Glucerna Diabetic \$40.00/24

Flavor Choices:
Strawberry, Vanilla, Chocolate

Call Age Info Dept at
617-628-2601
Delivery options 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:

