




November 2022 Breakfast Menu

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

Suggested, voluntary donation of \$2.00 per meal.

MONDAY <small>sodium mg</small>	TUESDAY <small>sodium mg</small>	WEDNESDAY <small>sodium mg</small>	THURSDAY <small>sodium mg</small>	FRIDAY <small>sodium mg</small>
 <p>HAPPY THANKSGIVING</p>	<p>1 Apple Fritter 330mg Chicken Sausage 270 Cereal 160 Fruit/Milk/Margarine 137</p> <p><i>Cals: 725, Carb:942g, Sod: 915mg</i></p>	<p>2 Whole Grain Mini Waffle 170mg Egg Omelet 280 Cereal 175 Fruit/Milk/Margarine 137</p> <p><i>Cals: 650, Carb: 90g, Sod: 780mg</i></p>	<p>3 Turkey Sausage & Cheese on Croissant 390mg Cereal 140 Fruit/Milk/Margarine 137</p> <p><i>Cals: 626, Carb: 73g, Sod: 915mg</i></p>	<p>4 Whole Grain Muffin 140mg Boiled Egg 55 Cinnamon Raisin Oatmeal 10 Fruit/Milk/Margarine 137</p> <p><i>Cals: 675, Carb: 96g, Sod: 360mg</i></p>
<p>7 Whole Grain Bagel with Fried Egg w/Cheese Cereal Fruit/Milk/Margarine 250mg 365 140 137</p> <p><i>Cals: 665, Carb: 81g, Sod: 910mg</i></p>	<p>8 Whole Grain Cheesy Grits Turkey Sausage Buttermilk Biscuit Fruit/Milk/Margarine 103mg 320 310 137</p> <p><i>Cals: 605, Carb: 81g, Sod: 888mg</i></p>	<p>9 Egg & Cheese Omelet WG Pancakes Strawberry Compote Fruit/Milk/Margarine 485mg 200 1 137</p> <p><i>Cals: 660, Carb: 72g, Sod: 841mg</i></p>	<p>10 Yogurt with Granola Apple Cinnamon Oatmeal with Raisins Fruit/Milk/Margarine 115mg 15 137</p> <p><i>Cals: 640, Carb: 110g, Sod: 285mg</i></p>	<p>11 Veteran's Day Whole Grain Muffin Egg Omelet Cereal Fruit/Milk/Margarine 140mg 280 140 137</p> <p><i>Cals: 676, Carb: 91g, Sod: 715mg</i></p>
<p>14 Whole Grain Bagel with Sunflower Seed Butter Boiled Egg Cereal Fruit/Milk/Margarine 380mg 55 160 137</p> <p><i>Cals: 740, Carb: 91g, Sod: 750mg</i></p>	<p>15 Whole Grain Breakfast Bun Chicken Sausage Cereal Fruit/Milk/Margarine 220mg 270 160 137</p> <p><i>Cals: 678, Carb: 97g, Sod: 805mg</i></p>	<p>16 Mini French Toast Bites Egg Omelet Cereal Fruit/Milk/Margarine 270mg 280 140 137</p> <p><i>Cals: 715, Carb: 98g, Sod: 845mg</i></p>	<p>17 Whole Grain Sweet Grits Turkey Sausage Buttermilk Biscuit Fruit/Milk/Margarine 30mg 320 310 137</p> <p><i>Cals: 615, Carb: 73g, Sod: 815mg</i></p>	<p>18 Whole Grain Muffin Boiled Egg Cinnamon Raisin Oatmeal Fruit/Milk/Margarine 140mg 55 10 137</p> <p><i>Cals: 675, Carb: 96g, Sod: 360mg</i></p>
<p>21 Whole Grain Bagel Fried Egg w/Cheese Cereal Fruit/Milk/Margarine 250mg 365 140 137</p> <p><i>Cals: 665, Carb: 82g, Sod: 910mg</i></p>	<p>22 Turkey Sausage & Cheese on Croissant Cereal Fruit/Milk/Margarine 390mg 230 140 137</p> <p><i>Cals: 626, Carb: 73g, Sod: 915mg</i></p>	<p>23 Egg Omelet Pancakes Warm Peaches Fruit/Milk/Margarine 280mg 200 10 137</p> <p><i>Cals: 685, Carb: 102g, Sod: 580mg</i></p>	<p>24 Thanksgiving Holiday If you would like a chilled meal delivered to you on Thanksgiving Day, please contact your case manager, or the on-call case manager, by November 16. Volunteer drivers will be delivering.</p>	<p>25 Thanksgiving Holiday No Meals Delivered</p> 
<p>28 Whole Grain Bagel Sun Butter Spread Boiled Egg Cereal Fruit/Milk/Margarine 380mg 55 160 137</p> <p><i>Cals: 740, Carb: 91g, Sod: 750mg</i></p>	<p>29 Apple Fritter Chicken Sausage Cereal Fruit/Milk/Margarine 330mg 270 160 137</p> <p><i>Cals: 725, Carb:942g, Sod: 915mg</i></p>	<p>30 Whole Grain Mini Waffle Egg Omelet Cereal Fruit/Milk/Margarine 170mg 280 175 137</p> <p><i>Cals: 725, Carb:942g, Sod: 915mg</i></p>	 <p>Veterans DAY</p>	<p>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</p>

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! November 2022

Thanksgiving Tips for Managing Diabetes



An Exciting New Look for Meals on Wheels

Somerville-Cambridge Elder Services (SCES) is thrilled to announce an exciting new look for Meals on Wheels.

Starting in October, catering for SCES Meals on Wheels will be provided by City Fresh Foods, a Boston-based vendor that provides 2 million meals annually for schools, childcare, and older adult services across the Greater Boston Area.

City Fresh specializes in great tasting and nutritious food, made from ingredients you can pronounce. They have provided Caribbean, Portuguese, vegetarian, and allergen-free dining options for SCES Meals on Wheels since 2016, and we are very excited to expand this partnership.

We hope that you will enjoy what City Fresh has to offer and will provide a questionnaire for feedback in December. If you have immediate feedback or concerns, call 617 628 2601 and ask for the Dietitian or Nutrition Director.

Heating Instructions

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

Thanksgiving Tips for Managing Diabetes

November is Diabetes Month and Thanksgiving, which can be a wonderful time of the year but also challenging one for those aiming to control blood sugar levels. Many Thanksgiving Day foods tend to be high in carbohydrates, but with planning and checking your blood sugar regularly you can enjoy the day.

1. Start the day with a good breakfast—Avoid skipping meals in anticipation of the Thanksgiving dinner. This will help reduce excessive hunger, overeating, and elevated blood sugar levels, as well as the potential for low blood sugar if meals are skipped.
2. Plan your mealtimes for the day—Find out what time dinner will be served and plan any changes to your medication routine for the day. Add a snack if dinner is served later than anticipated to prevent low blood sugar.
3. Snack on healthy appetizers—Choose snacks while waiting for the main meal that will not interfere with your blood sugar levels, such as veggie and dip, cheese, nuts or bring your own healthy appetizer!
4. Make choices count—Potatoes, stuffing, rolls, pie are all carbohydrates, choose smaller portions of your favorite dishes that you only get to enjoy this time of the year, pass on ones that you have regularly and don't prefer as much.
5. Limit alcohol—If you choose to drink during the holiday, avoid drinking on an empty stomach to prevent hypoglycemia, low blood sugar. Drink alcohol in moderation, with your dinner, and include plenty of water.

source: informationaboutdiabetes.com