





# Cambridge COA November 2022 Lunch Menu

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

MONDAY sodium mg	TUESDAY sodium mg	WEDNESDAY sodium mg	THURSDAY sodium mg	FRIDAY sodium mg
	1 *Buffalo Chicken & Provolone 670mg On Wheat Roll 4 Lettuce & Tomatoes 230 Artichoke, Feta, Couscous 207 Salad 0 Fruit 0 <i>Calories: 682 Sodium: 1186mg</i>	2 *Country "Fried" Steak with 510mg Gravy Mashed Potatoes 113 Brussels Sprouts 23 Cornbread 90 Fruit 0 <i>Calories: 809 Sodium: 891mg</i>	3 Caribbean Beef with 147mg Peppers & Onions Roasted Potatoes 152 Vegetable Medley 17 Roll 135 Cookies 150 <i>Calories: 803 Sodium: 756mg</i>	
7 Shepherd's Pie 345mg Mashed Potatoes 113 Green Beans w/Red Peppers 6 Peppers 135 Wheat Roll 0 Fruit 0 <i>Calories: 750 Sodium: 754mg</i>	8 Waldorf Chicken Salad 122mg With Lettuce & Tomato 4 On Wheat Bun 230 Pea Salad 356 Fruit 0 <i>Calories: 876 Sodium: 837mg</i>	9 Beef Stew 220mg Buttermilk Biscuit 310 Broccoli 6 Fruit 0 <i>Calories: 732 Sodium: 691mg</i>	10 Stewed Chicken 337mg Drumstick Yucca 34 Brussels Sprouts 23 Cornbread 90 Cookie 105 <i>Calories: 825 Sodium: 744mg</i>	<p><b>To reserve or cancel a senior center meal, call 617-349-6047 by 11:00am the business day before.</b></p>
14 *Teriyaki Chicken 582mg White rice 25 Corn w/Peppers 6 Wheat Bread 135 Fruit 0 <i>Calories: 680 Sodium: 903mg</i>	15 *Turkey & Cheddar 560mg Cheese 4 On Wheat Bun 230 Lettuce & Tomato 101 Mexican Corn Salad 0 Fruit 0 <i>Calories: 679 Sodium: 1020 mg</i>	16 *Chicken Anna Maria 568mg Polenta 36 Broccoli 6 Wheat Roll 135 Fruit 0 <i>Calories: 744 Sodium: 900mg</i>	17 Caribbean Fish Curry 409mg Rice & Beans 93 Kale and Corn 14 Wheat Bread 135 Fruit 0 <i>Calories: 695 Sodium: 806mg</i>	<p><b>Donations appreciated. Suggested, voluntary contribution \$3.00 per meal.</b></p>
21 *Chicken Marsala with 635mg Mushrooms Egg Noodles 5 Green Peas 6 Wheat Roll 135 Fruit 0 <i>Calories: 705 Sodium: 936mg</i>	22 Teriyaki Chicken 405mg Thai Sesame Noodle Salad 4 Thai Dressing 315 Asian Salad 105 Fruit 0 <i>Calories: 734 Sodium: 953mg</i>	23 Grilled Chicken 75mg Cheesy Rice 322 Carrots 32 Cornbread 90 Fruit 0 <i>Calories: 945 Sodium: 674mg</i>	24 <b>Happy Thanksgiving Day</b> <b>No meals served today</b> 	<p><b>Meals may be eaten in the dining room Monday-Thursday, between 11:30 am -12:15 pm, or taken home to go.</b></p>
28 Lemon Ricotta 97mg Parmesan Ravioli 380 Broccoli 6 Wheat Bread 135 Fruit 0 <i>Calories: 704 Sodium: 773mg</i>	29 *Buffalo Chicken & Provolone 620mg On Wheat Bun with 4 Lettuce & Tomato 207 Artichoke, Feta, Salad 0 Fruit 0 <i>Calories: 682 Sodium: 1186mg</i>	30 Pot Roast w/Gravy 273mg Red Skin Mashed Potatoes 267 Green Beans & Red Peppers 6 Cornbread 90 Fruit 0 <i>Calories: 746 Sodium: 791mg</i>		<p><b>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 2 days.</b></p>

**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! November 2022

## New Exciting Look for the Lunch Program

### Heating Instructions for Chilled Meals:

#### 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](http://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.



An Exciting New Look for Somerville  
 Cambridge Elder Services Meal Program

Somerville-Cambridge Elder Services (SCES) is  
 thrilled to announce an exciting a new look for the meal program.

Starting in October, catering for SCES Meals on Wheels and Senior Lunch Programs will be provided by City Fresh Foods, a Boston-based vendor that provides two 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.