



# Cardiac November 2022 Menu

Nutrition Program 617-628-2601, [www.eldercare.org](http://www.eldercare.org). Suggested Voluntary Contribution \$2.00 per Meal

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Spaghetti Turkey Bolognese Sauce Broccoli Fruit Cals; 486 mg Sod.	2 Chicken with Mushroom Sauce Egg Noodles Carrots/Fruit 632 Cals; 695 mg Sod.	3 Beef Ravioli With Florentine Sauce California Mix Vegetables Fruit 535 Cals; 817 mg Sod.	4 Pork with Mustard Wine Sauce Sweet Potatoes Brussels Sprouts Fruit 641 Cals; 524 mg Sod.
	7 Shrimp Scampi with Spaghetti Green Peas Fruit 570 Cals; 688 mg Sod.	8 Honey Garlic Chicken Rice Pilaf Green Beans & Red Peppers Fruit 582 Cals; 755 mg Sod.	9 Roast Turkey with Gravy Mashed Potatoes Tuscan Mix Vegetables Fruit 575 Cals; 883 mg Sod.	10 Chicken Marsala With Pasta Broccoli Fruit 543 Cals; 731 mg Sod.
14 Pork with Balsamic Roasted Tomatoes Polenta Green Beans Fruit 650 Cals; 373 mg Sod.	15 Fajita Chicken with Peppers Brown Rice Mixed Vegetables Fruit 575 Cals; 562 mg Sod.	16 <b>Call by today for a Thanksgiving Day Meal</b> Lemon Herb White Fish Mashed Potatoes Vegetable Medley/Fruit 589 Cals; 722 mg Sod.	17 Curry Beef Stir Fry Brown Rice Green Beans with Red Peppers Fruit 593 Cals; 744 mg Sod.	18 Cheese Ravioli Turkey Bolognese Carrots Fruit 505 Cals; 811 mg Sod.
21 Chicken Thighs with Apple Chutney Sweet Potatoes Broccoli Fruit 581 Cals; 613 mg Sod.	22 Tomato Bruschetta Chicken Couscous Kale & Corn Fruit 758 Cals; 550 mg Sod.	23 Turkey Sweet Potato Chili Wheat Roll Green Beans and Red Peppers Fruit 583 Cals; 579 mg Sod.	24 <b>Thanksgiving Day</b> If you would like a meal delivered to you on Thanksgiving Day, contact your case manager, or the CM on-call <b>by November 16</b> . Volunteer drivers will be delivering.	25 <b>Thanksgiving Holiday</b>  <b>No Meals Delivered</b> 
28 Beef Stuffed Pepper Quinoa & Brown Rice California Mix Vegetables Fruit 608 Cals; 431 mg Sod.	29 Turkey Meatloaf with Gravy Mashed Potatoes Green Beans Fruit 573 Cals; 734 mg Sod.	30 Chicken with Mushroom Sauce Egg Noodles Carrots Fruit 632 Cals; 695 mg Sod.	<b>Missed Meal Policy</b> 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.	

Please call by 11:00 AM the business day before to cancel meals to help prevent food waste, 617-628-2601. Menu subject to change.

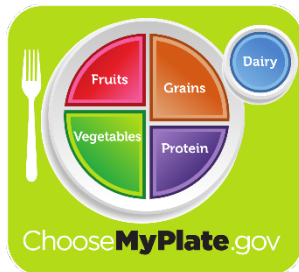
To find out if meals are cancelled due to bad weather, call 617-628-2614, ext. 6789 to hear a recorded message.

# SCES Nutrition Department Menu Information

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## Cardiac Menu Description:

- ☉ Calories and nutrients to meet 1/3 of the Recommended Daily Allowances for older adults.
- ☉ Total fat, no more than 30% of daily calories.
- ☉ Sodium controlled to be average 700 - 800 mg sodium per meal.
- ☉ No salt used in preparation. Low sodium soup and gravy bases are used.
- ☉ Total sodium provided on menu, includes milk, bread, and condiments.
- ☉ Desserts are carbohydrate controlled.
- ☉ Whole grain breads included.
- ☉ Fruits and vegetables rich in vitamin C.
- ☉ 8 ounces low-fat milk included.
- ☉ Margarine is trans-fat free.



## Heating Instructions:

Reheat and enjoy meals right away or refrigerate upon delivery for later. Consume or discard refrigerated meals within 48 hours.

**\*Do NOT use toaster oven to reheat meal\***

### Microwave oven:

- Peel back lid or slit film to vent steam
- Re-heat in microwave 2 - 3 minutes; stir halfway for even cooking.
- Microwave oven times may vary

### Conventional oven:

Place meal on a cookie sheet and set oven at 350 degrees F for 10-15 minutes maximum, or until reaches internal temperature of 165F.

### Re-heating FROZEN meals:

- In microwave, peel back lid or slit film to vent. Heat frozen meals in microwave for 3-5 minutes maximum on high. Stir halfway. Microwave oven times will vary.  
OR
- In conventional oven, place meal on cookie sheet, set oven at 350F for 30 minutes maximum.



## 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.

### Purchase Ensure® Nutrition Drink Supplement by the case:

**Regular Ensure®** - \$29.00/24 drinks

**Diabetic Ensure® (Glucerna)** - \$40.00/24

**Ensure Plus®** - \$31.00/24 drinks (special order)

No delivery charge for Meals-on-Wheels clients. There is a \$2.50 delivery charge for all others. For more information, call SCES Age

Info Dept. at **617-628-2601**