



Chopped/Ground November 2022 Menu

Nutrition Program 617-628-2601, www.eldercare.org. Suggested Voluntary Contribution \$2.00 per Meal

Monday	Tuesday	Wednesday	Thursday	Friday
	1 * Meatballs Marinara With Spaghetti Broccoli Fruit 780 Cals; 906 mg Sod.	2 Chicken with Mushroom Sauce Egg Noodles Carrots/Fruit 796 Cals; 660 mg Sod.	3 Beef Ravioli With Florentine Sauce California Mix Vegetables Fruit 770 Cals; 782 mg Sod.	4 Pork with Mustard Wine Sauce Sweet Potatoes Brussels Sprouts Fruit 818 Cals; 489 mg Sod.
	7 Shrimp Scampi with Spaghetti Green Peas Fruit 740 Cals; 651 mg Sod.	8 Honey Garlic Chicken Rice Pilaf Green Beans & Red Peppers Pudding 812 Cals; 831 mg Sod.	9 Roast Turkey with Gravy Mashed Potatoes Tuscan Mix Vegetables Fruit 726 Cals; 848 mg Sod.	10 Chicken Marsala With Pasta Broccoli Fruit 750 Cals; 696 mg Sod.
14 Pork with Balsamic Roasted Tomatoes Polenta Green Beans Fruit 846 Cals; 338 mg Sod.	15 Fajita Chicken with Peppers White Rice Broccoli Pudding 757 Cals; 562 mg Sod.	16 Call by today for a Thanksgiving Day Meal Lemon Herb White Fish Rice Pilaf Vegetable Medley/Fruit 758 Cals; 605 mg Sod.	17 Curry Beef Stir Fry Brown Rice Green Beans with Red Peppers Fruit 868 Cals; 709 mg Sod.	18 Cheese Ravioli Turkey Bolognese Carrots Fruit 786 Cals; 888 mg Sod.
21 Chicken Thighs with Apple Chutney Sweet Potatoes Corn Fruit 820 Cals; 578 mg Sod.	22 Tomato Bruschetta Chicken Mashed Potatoes Kale & Corn Pudding 876 Cals; 727 mg Sod.	23 Turkey Sweet Potato Chili Polenta Green Beans and Red Peppers Fruit 919 Cals; 546 mg Sod.	24 Thanksgiving Day If you would like a meal delivered to you on Thanksgiving Day, contact your case manager, or the CM on-call by November 16 . Volunteer drivers will be delivering.	25 Thanksgiving Holiday No Meals Delivered 
28 Beef & Pepper Bowl Quinoa & Brown Rice California Mix Vegetables Fruit 815 Cals; 394 mg Sod.	29 Turkey Meatloaf with Gravy Mashed Potatoes Green Beans Pudding 830 Cals; 829 mg Sod.	30 Chicken with Mushroom Sauce Egg Noodles Carrots Fruit 796 Cals; 660 mg Sod.	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.	

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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Chopped Soft & Ground Menu:

- Menu components are chopped, soft or ground for the appropriate texture, including entrees, starches, vegetables, and desserts.
- Sufficient calories and nutrients based on 1/3 of the Recommended Dietary Allowances for older adults.
- No more than 30-35% of daily calories from fats.
- Sodium controlled, no more than 1200 mg per meal.
- Items with * indicate entrée contains 500mg sodium or more.
- No salt is used in preparation, and low sodium ingredients are used.
- Fruits and vegetables are rich in vitamin A & C.
- Nutrition Drink supplement provided.
- Includes 8-ounce 2% milk and margarine.

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**