




November 2022 Cold Supper Sandwich Menu

SCES 617-628-2601, www.eldercare.org Suggested, voluntary donation of \$2.00 per meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
sodium mg	sodium mg	sodium mg	sodium mg	sodium mg
	1 *Buffalo Chicken & Provolone 670mg On Wheat Roll 4 Lettuce & Tomatoes 230 Artichoke, Feta, Couscous Salad 207 Fruit 0 <i>Calories: 682 Sodium: 1186mg</i>	2 Roast Beef & Cheese 270mg On Wheat Bun 4 Lettuce & Tomato 230 Potato Salad 290 Shortbread Cookie 150 <i>Calories: 935 Sodium: 1069mg</i>	3 Chicken Caesar Salad 390mg Caesar Dressing 190 Lemon Rice Salad 27 Pita Bread 250 Fruit 0 <i>Calories: 681 Sodium: 982mg</i>	4 Turkey & Swiss 470mg On Wheat Bun 4 Lettuce & Tomato 230 Mexican Corn Salad 101 Fruit 0 <i>Calories: 738 Sodium: 995mg</i>
	7 Egg Salad with 234mg Lettuce & Tomato 4 On Wheat Bun 230 Beet Salad 242 Vanilla Pudding 130 <i>Calories: 764 Sodium: 965mg</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 *Turkey & Provolone 550mg On Wheat Bun 4 Lettuce & Tomato 230 Black Eyed Peas 39 Oatmeal Cookie 105 <i>Calories: 725 Sodium: 1053mg</i>	10 Caprese Sandwich 218mg With Mozzarella, Lettuce & Tomato 230 On Wheat Bun 207 Artichoke, Feta, Couscous Salad 0 Fruit <i>Calories: 711 Sodium: 780mg</i>
14 Mediterranean 417mg Chicken Lettuce & Tomatoes 4 Wheat Bun 230 Potato Salad 290 Chocolate Pudding 135 <i>Cals:916 High Sodium: 1201mg</i>	15 *Turkey & Cheddar Cheese 560mg On Wheat Bun 4 Lettuce & Tomato 230 Mexican Corn Salad 101 Fruit 0 <i>Calories: 679 Sodium: 1020 mg</i>	16 Last day to request a meal for Thanksgiving Day, contact case manager Greek Salad w/Chicken 408mg And Olives and Feta 165 Lemon Rice Salad 27 Pita Bread 250 Fruit 0 <i>Calories: 675 Sodium: 975 mg</i>	17 *Country Ham & Swiss 610mg On Wheat Bun 4 Lettuce & Tomato 230 Broccoli Salad 169 Cookie 70 <i>Calories: 680 High Sodium: 1208mg</i>	18 Egg Salad 234mg On Wheat Roll 4 Lettuce & Tomato 230 Curried Chickpeas 166 Fruit 0 <i>Calories: 753 Sodium: 759mg</i>
21 Chicken Salad 136mg Lettuce & Tomato 4 Wheat Bun 230 Curried Chickpeas 166 Vanilla Pudding 130 <i>Calories: 685 Sodium: 792mg</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 Caprese Pasta Salad 275mg With Mozzarella, Tomatoes, and Basil Peas Salad 356 Fruit 0 <i>Calories: 946 Sodium: 756mg</i>	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.	25 Thanksgiving Holiday No Meals Delivered 
28 Tortellini Pasta Salad 225mg w/Beans, Spinach, 211 Tomatoes Wheat Roll 135 Broccoli Salad 169 Chocolate Pudding 135 <i>Calories: 740 Sodium: 1000mg</i>	29*Buffalo Chicken & Provolone 620mg On Wheat Bun with 230 Lettuce & Tomato 4 Artichoke, Feta, Couscous Salad 207 Fruit 0 <i>Calories: 682 Sodium: 1186mg</i>	30 Roast Beef & Cheese 270mg On Wheat Bun 4 Lettuce & Tomato 230 Potato Salad 290 Shortbread Cookie 150 <i>Calories: 935 Sodium: 1069mg</i>		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 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

Soup Heating instructions:

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

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