




November 2022 Low Lactose 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
 <p>HAPPY THANKSGIVING</p>	1 *Spaghetti & Meatballs 645mg Broccoli 6 Wheat Roll 135 Fruit 0 Calories: 675 Sodium: 941 mg	2 *Country "Fried" Steak with 510mg Gravy 1 Mashed Potatoes 113 Brussels Sprouts 23 Cornbread 90 Fruit 0 Calories: 809 Sodium: 891mg	3 *Cajun Shrimp & Chicken 530mg Pasta 0 Vegetable Medley 17 Wheat Roll 135 Shortbread Cookie 150 Calories: 686 Sodium: 987mg	4 Baked Chicken w/Gravy 487mg Sweet rice 25 Mixed Vegetables 17 Wheat Roll 135 Fruit 0 Calories: 704 Sodium: 819 mg
7 Shepherd's Pie 345mg Mashed Potatoes 113 Green Beans w/Red 6 Peppers 135 Wheat Roll 0 Fruit 0 Calories: 750 Sodium: 754mg	8 *Honey Mustard Chicken 715mg Rice Pilaf 55 Corn 6 Wheat Roll 135 Fruit 0 Calories: 711 Sodium: 1066mg	9 Beef Stew 220mg Buttermilk Biscuit 310 Broccoli 6 Fruit 0 Calories: 732 Sodium: 691mg	10 Spiced Apple Pork 100mg Mashed Potatoes 113 Brussels Sprouts 23 Cornbread 90 Oatmeal Cookie 105 Calories: 792 Sodium: 586mg	11 Veteran's Day Whole Grain Pasta 0mg Turkey Bolognese 223 Vegetable Medley 18 Wheat Roll 135 Fruit 0 Calories: 674 Sodium: 531mg
14 *Teriyaki Chicken 582mg White rice 25 Corn w/Peppers 6 Wheat Bread 135 Fruit 0 Calories: 680 Sodium: 903mg	15 Beef Chili 266mg Cornbread 90 California Mix Vegetables 36 Fruit 0 Calories: 675 Sodium: 547mg	16 Last day to request a meal for Thanksgiving Day, contact case manager *Chicken Anna Maria 568mg Polenta 36 Broccoli 6 Wheat Roll 135 Fruit 0 Calories: 744 Sodium: 900mg	17 Breaded Fish 260mg Mashed Potatoes 113 Kale and Corn 14 Wheat Bread 135 Fruit 0 Calories: 663 Sodium: 677 mg	18 Roast Turkey w/Gravy 496mg Mashed Potatoes 113 Glazed Carrots 90 Wheat Roll 135 Cookie 70 Calories: 690 Sodium: 1059 mg
21 *Chicken Marsala with 635mg Mushrooms Egg Noodles 5 Green Peas 6 Wheat Roll 135 Fruit 0 Calories: 705 Sodium: 936mg	22 American Chop Suey 267mg Elbow Pasta 0 Tuscan Mix Vegetables 6 Wheat Bread 135 Shortbread Cookie 150 Calories: 764 Sodium: 713mg	23 Grilled Chicken 75mg White Rice 25 Carrots 32 Cornbread 90 Fruit 0 Calories: 774 Sodium: 377mg	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 Lemon Garlic Chicken 175mg Broccoli 6 Wheat Bread 135 Fruit 0 Calories: 695 Sodium: 471mg	29 Breaded Fish 330mg Rice Pilaf 55 Mixed Vegetables 17 Wheat Roll 135 Fruit 0 Calories: 645 Sodium: 692mg	30 Pot Roast w/Gravy 273mg Red Skin Mashed Potatoes 267 Green Beans & Red Peppers 6 Cornbread 90 Fruit 0 Calories: 746 Sodium: 791mg	 <p>Veterans DAY</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

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

Meal 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. Or in conventional oven, place meal on cookie sheet, set oven at 350F for 30 minutes maximum.

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.

Meal 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