



## Somerville Council on Aging Lunch Menu

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

Suggested, voluntary donation of \$3.00 per meal

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY
sodium mg	sodium mg	sodium mg	sodium mg	sodium mg
	1 *Spaghetti & Meatballs Broccoli Wheat Roll Fruit  <i>Hot: Calories: 675 Sodium: 941 mg</i>	2 *Buffalo Chicken & Provolone On Wheat Roll Lettuce & Tomatoes Artichoke, Feta, Couscous Salad Fruit  <i>Sodium: 941 mg</i>	3 *Cajun Shrimp & Chicken Pasta Vegetable Medley Wheat Roll Cookie Chicken Caesar Salad Lemon Rice Salad Pita Bread Fruit  <i>Hot: Calories: 686 Sodium: 987mg</i>	4 Turkey & Swiss On Wheat Bun Lettuce & Tomato Mexican Corn Salad Fruit  <i>Calories: 470mg Sodium: 995mg</i>
7 Egg Salad with Lettuce & Tomato On Wheat Bun Beet Salad Vanilla Pudding  <i>Calories: 764 Sodium: 965mg</i>	8 *Honey Mustard Chicken Rice Pilaf Corn Wheat Roll Vanilla Pudding  <i>Hot: Calories: 786 Sodium: 1196mg</i>	9 *Turkey & Provolone On Wheat Bun Lettuce & Tomato Black Eyed Peas Oatmeal Cookie  <i>550mg Sodium: 105</i>	10 Spiced Apple Pork Mashed Potatoes Brussels Sprouts Cornbread Oatmeal Cookie  <i>Hot: Calories: 792 Sodium: 586mg</i>	11 <b>Happy Veteran's Day</b> 
14 Mediterranean Chicken Lettuce & Tomatoes Wheat Bun Potato Salad Chocolate Pudding  <i>Cals:916 High Sodium: 1201mg</i>	15	16	17 Breaded Fish/Tartar Mac & Cheese Kale and Corn Wheat Bread Fruit  <i>Hot: Calories: 680 Sodium: 760 mg</i>	18 Egg Salad On Wheat Roll Lettuce & Tomato Curried Chickpeas Fruit  <i>Calories: 753 Sodium: 759mg</i>
21 Chicken Salad Lettuce & Tomato Wheat Bun Curried Chickpeas Vanilla Pudding  <i>Calories: 685 Sodium: 792mg</i>	22 American Chop Suey Tuscan Mix Vegetables Wheat Bread Shortbread Cookie  <i>Hot: Calories: 764 Sodium: 713mg</i>	23 Teriyaki Chicken Thai Sesame Noodle Salad Thai Dressing Asian Salad Fruit  <i>Sodium: 713mg</i>	24	25
28 Tortellini Pasta Salad w/Beans, Spinach, Tom. Wheat Roll Broccoli Salad Chocolate Pudding  <i>Calories: 740 Sodium: 1000mg</i>	29 Breaded Fish/Tartar Rice Pilaf Mixed Vegetables Wheat Roll Chocolate Pudding  <i>Hot: Calories: 745 Sodium: 907mg</i>	30 *Buffalo Chicken & Provolone On Wheat Bun Lettuce & Tomato Artichoke, Feta, Couscous Salad Fruit  <i>Sodium: 907mg</i>	<b>Ralph &amp; Jenny:</b> 9 New Washington St, Somerville 11:30am on: Mondays– Nov. 7, 14, 21, 28 Tuesdays – Nov. 1, 8, 22, 29	<b>Holland St:</b> 167 Holland St, Somerville 11:30am on: Wednesdays – Nov. 9 Thursdays – Nov. 3, 10, 17 Fridays – Nov. 4, 18

**Meal Cancellations Notices:** Menu subject to change without notice.

Please cancel or reserve a meal reservation by 11:00 am the business day before at 617-625-6600, ext. 2321.

To find out if meals are cancelled due to severe weather, call SCES weather line at (617) 628-2614, extension 6789 to hear a message.



# Nutrition Tips for Healthy Living! November 2022

## An Exciting New Look for Meals on Wheels and Lunch Programs!

### SCOA Lunch Dates & Locations

Hot meals served on Tuesdays & Thursdays are dine-in only. Cold sandwich meals are available for Grab and Go. To reserve or cancel a meal, please call SCOA at 617-625-6600, ext. 2321, by 11AM the business day before. Lunch served at 11:30AM

**Ralph and Jenny Senior Center:** 9 New Washington St, Somerville,  
Mondays– Nov. 7, 14, 21, 28  
Tuesdays – Nov. 1, 8, 22, 29

**Holland St Senior Center:** 167 Holland St, Somerville  
Wednesdays – Nov. 9  
Thursdays – Nov. 3, 10, 17  
Fridays – Nov. 4, 18

#### **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 menu options and nutrition information visit [www.eldercare.org](http://www.eldercare.org)

Keep meals refrigerator until ready to eat. Do not leave out in room temperature for more than 2 hours. Consume or discard refrigerated cold meal within 48 hours.

#### **Purchase Ensure® nutrition drink from SCES**

Ensure® \$29.00/case of 24 drinks  
Ensure® Plus \$31.00/case of 24  
Glucerna Diabetic \$40.00/case of 24  
Flavors: 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.