




November 2022 Traditional Chilled Menu

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

MONDAY	sodium mg	TUESDAY	sodium mg	WEDNESDAY	sodium mg	THURSDAY	sodium mg	FRIDAY	sodium mg
		1 *Spaghetti & Meatballs Broccoli Wheat Roll Fruit	645mg 6 135 0	2 *Country "Fried" Steak with Gravy Mashed Potatoes Brussels Sprouts Cornbread Fruit	510mg 1 113 23 90 0	3 *Cajun Shrimp & Chicken Pasta Vegetable Medley Wheat Roll Shortbread Cookie	530 0 17 135 150	4 Broccoli Cheese Stuffed Chicken Breast Sweet rice Mixed Vegetables Wheat Roll Fruit	410mg 25 17 135 0
		Calories: 675 Sodium: 941 mg		Calories: 809 Sodium: 891mg		Calories: 686 Sodium: 987mg		Calories: 704 Sodium: 742 mg	
7 Shepherd's Pie Mashed Potatoes Green Beans w/Red Peppers Wheat Roll Fruit	345mg 113 6 135 0	8 *Honey Mustard Chicken Rice Pilaf Corn Wheat Roll Vanilla Pudding	715mg 55 6 135 130	9 Beef Stew Buttermilk Biscuit Broccoli Fruit	220mg 310 6 0	10 Spiced Apple Pork Mashed Potatoes Brussels Sprouts Cornbread Oatmeal Cookie	100mg 113 23 90 105	11 Veteran's Day Whole Grain Lasagna Spinach Florentine Sauce Vegetable Medley Wheat Roll Fruit	391mg 91 18 135 0
Calories: 750 Sodium: 754mg		Calories: 786 Sodium: 1196mg		Calories: 732 Sodium: 691mg		Calories: 792 Sodium: 586mg		Calories: 680 Sodium: 789mg	
14 *Teriyaki Chicken White rice Corn w/Peppers Wheat Bread Fruit	582mg 25 6 135 0	15 Beef Chili w/Cheese Cornbread California Mix Vegetables Chocolate Pudding	367mg 90 36 135	16 Last day to request a meal for Thanksgiving Day, contact case manager		17 Breaded Fish/Tartar Macaroni & Cheese Kale and Corn Wheat Bread Fruit	260/85 323 14 135 0	18 Roast Turkey w/Gravy Mashed Potatoes Glazed Carrots Wheat Roll Cookie	496mg 113 90 135 70
Calories: 680 Sodium: 903mg		Calories: 758 Sodium: 783mg		Calories: 744 Sodium: 900mg		Calories: 680 Sodium: 760 mg		Calories: 690 Sodium: 1059 mg	
21 *Chicken Marsala with Mushrooms Egg Noodles Green Peas Wheat Roll Fruit	635mg 5 6 135 0	22 American Chop Suey Elbow Pasta Tuscan Mix Vegetables Wheat Bread Shortbread Cookie	267mg 0 6 135 150	23 Grilled Chicken Cheesy Rice Carrots Cornbread Fruit	75mg 322 32 90 0	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	
Calories: 705 Sodium: 936mg		Calories: 764 Sodium: 713mg		Calories: 945 Sodium: 674mg					
28 Lemon Ricotta Parmesan Ravioli Broccoli Wheat Bread Fruit	97mg 380 6 135 0	29 Breaded Fish/Tartar Rice Pilaf Mixed Vegetables Wheat Roll Chocolate Pudding	330/85 55 17 135 130	30 Pot Roast w/Gravy Red Skin Mashed Potatoes Green Beans & Red Peppers Cornbread Fruit	273mg 267 6 90 0			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	
Calories: 704 Sodium: 773mg		Calories: 745 Sodium: 907mg		Calories: 746 Sodium: 791mg					

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.

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

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