



# Carbohydrate Controlled December 2022 Menu

Nutrition Program 617-628-2601, [www.eldercare.org](http://www.eldercare.org). Suggested Voluntary Contribution \$2.00 per Meal

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Missed Meal Policy</b> - 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.</p>		<p>1 Beef Ravioli With Florentine Sauce California Mix Vegetables Fruit</p> <p>535 Cals; Carb 71gm; 626 mg Sod.</p>	<p>2 Pork with Mustard Wine Sauce Mashed Sweet Potatoes Brussel Sprouts Fruit</p> <p>560 Cals; Carb 65gm; 460 mg Sod.</p>
<p>5 Shrimp Scampi With Spaghetti Green Peas Fruit</p> <p>518 Cals; Carb 66gm; 376 mg Sod.</p>	<p>6 Honey Garlic Chicken Rice Pilaf Green Beans &amp; Red Peppers Fruit</p> <p>582 Cals; Carb 69gm; 626 mg Sod.</p>	<p>7 Roast Turkey with Gravy Mashed Potatoes Tuscan Mix Vegetables Fruit</p> <p>560 Cals; Carb 58gm; 750 mg Sod.</p>	<p>8 Chicken Marsala With Pasta Broccoli Fruit</p> <p>501 Cals; Carb 55gm; 630 mg Sod.</p>	<p>9 Beef Stroganoff White Rice Carrots Fruit</p> <p>550 Cals; Carb 58gm; 350 mg Sod.</p>
<p>12 Pork with Balsamic Tomatoes Polenta Green Beans Fruit</p> <p>565 Cals; Carb 64gm; 650 mg Sod.</p>	<p>13 Fajita Chicken with Peppers &amp; Onions Brown Rice Broccoli Fruit</p> <p>482 Cals; Carb 62gm; 386 mg Sod.</p>	<p>14 Lemon Herb Baked Fish Mashed Potatoes Vegetable Medley Fruit</p> <p>504 Cals; Carb 61gm; 405 mg Sod.</p>	<p>15 Curry Beef Stir Fry Brown Rice Green Beans &amp; Red Peppers Fruit</p> <p>477 Cals; Carb 60gm; 628 mg Sod.</p>	<p>16 Cheese Ravioli With Turkey Bolognese Carrots Fruit</p> <p>544 Cals; Carb 65gm; 726 mg Sod.</p>
<p>19 Chicken Thighs with Apple Chutney Sweet Potatoes Broccoli Fruit</p> <p>521 Cals; Carb 70gm; 482 mg Sod.</p>	<p>20 Tomato Bruschetta Chicken Couscous Kale &amp; Corn Fruit</p> <p>703 Cals; Carb 65gm; 450 mg Sod.</p>	<p>21 Turkey Sweet Potato Chili Wheat Roll Green Beans and Red Peppers Fruit</p> <p>613 Cals; Carb 79gm; 583 mg Sod.</p>	<p>22 Roast Pork w/Gravy Brown Rice Vegetable Medley Fruit</p> <p>566 Cals; Carb 64gm; 442 mg Sod.</p>	<p>23 Rosemary Garlic Chicken Mashed Potatoes Mixed Vegetables Fruit</p> <p>583 Cals; Carb 60gm; 452 mg Sod.</p>
<p><b>26 Holiday Observed No Meal Delivery</b></p>	<p>27 Turkey Meatloaf with Gravy Mashed Potatoes Green Beans Fruit</p> <p>532 Cals; Carb 62gm; 597 mg Sod.</p>	<p>28 Chicken with Mushroom Sauce Egg Noodles Carrots Fruit</p> <p>539 Cals; Carb 60gm; 619 mg Sod.</p>	<p>29 Beef Ravioli With Florentine Sauce California Vegetable Blend Fruit</p> <p>535 Cals; Carb 71gm; 626 mg Sod.</p>	<p>30 Pork with Mustard Wine Sauce Mashed Sweet Potatoes Brussel Sprouts Fruit</p> <p>560 Cals; Carb 65gm; 460 mg Sod.</p>

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 severe weather, call 617-628-2614, ext. 6789 to hear a recorded message.

# SCES Nutrition Department Menu Information

Nutrition Program 617-628-2601, [www.eldercare.org](http://www.eldercare.org). Suggested Voluntary Contribution \$2.00 per meal

## Carbohydrate Controlled Menu:

- ☉ Provides calories and nutrients based on 1/3 of the Recommended Dietary Allowances for older adults.
- ☉ No more than 30% of daily calories from fats.
- ☉ Sodium controlled, approximately 700-800 mg per meal.
- ☉ No salt used in preparation, and low sodium ingredients used.
- ☉ Average total carbohydrates per meal 45-65 grams.
- ☉ We offer sugar-free puddings, gelatins, or carb-controlled baked products.
- ☉ Fruits and vegetables rich in vitamin A & C.
- ☉ Breads are enriched or whole grain.
- ☉ 8 ounces of 2% Milk.
- ☉ "Trans-fat" free margarine or butter included.

## 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 coming soon. 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**