

Cardiac December 2022 Menu

Nutrition Program 617-628-2601, www.eldercare.org. Suggested Voluntary Contribution \$2.00 per Meal

Monday	Tuesday	Wednesday	Thursday	Friday
	<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.</p>		<p>1 Beef Ravioli With Florentine Sauce California Mix Vegetables Fruit Wheat Roll</p> <p>530 Cals; 817 mg Sodium</p>	<p>2 Pork with Mustard Wine Sauce Mashed Sweet Potatoes Brussel Sprouts Fruit Wheat Roll</p> <p>641 Cals; 524 mg Sodium</p>
<p>5 Shrimp Scampi With Spaghetti Green Peas Fruit/Wheat Roll 570 Cals; 688 mg Sodium</p>	<p>6 Honey Garlic Chicken Rice Pilaf Green Beans & Red Peppers Fruit/Roll 581 Cals; 755 mg Sodium</p>	<p>7 Roast Turkey with Gravy Mashed Potatoes Tuscan Mix Vegetables Fruit/Roll 575 Cals; 883 mg Sodium</p>	<p>8 Chicken Marsala With Pasta Broccoli Fruit/Roll 543 Cals; 731 mg Sodium</p>	<p>9 Beef Stroganoff White Rice Carrots Fruit/Roll 606 Cals; 515 mg Sodium</p>
<p>12 Pork with Balsamic Tomatoes Polenta Green Beans Fruit Wheat Roll 650 Cals; 373 mg Sodium</p>	<p>13 Fajita Chicken with Peppers & Onions Brown Rice Mixed Vegetables Fruit/Roll 575 Cals; 562 mg Sodium</p>	<p>14 Lemon Herb Baked Fish Mashed Potatoes Vegetable Medley Fruit Wheat Roll 589 Cals; 722 mg Sodium</p>	<p>15 Curry Beef Stir Fry Brown Rice Green Beans & Red Peppers Fruit Wheat Roll 593 Cals; 744 mg Sodium</p>	<p>16 Cheese Ravioli With Turkey Bolognese Carrots Fruit Wheat Roll 505 Cals; 811 mg Sodium</p>
<p>19 Chicken Thighs with Apple Chutney Sweet Potatoes Broccoli Fruit/Wheat Roll 581 Cals; 613 mg Sodium</p>	<p>20 Tomato Bruschetta Chicken Couscous Kale & Corn Fruit Wheat Roll 758 Cals; 550 mg Sodium</p>	<p>21 Turkey Sweet Potato Chili Wheat Roll Green Beans and Red Peppers Fruit 583 Cals; 579 mg Sodium</p>	<p>22 Roast Pork w/Gravy Brown Rice Vegetable Medley Fruit Wheat Roll 586 Cals; 568 mg Sodium</p>	<p>23 Rosemary Garlic Chicken Mashed Potatoes Mixed Vegetables Fruit Wheat Roll 622 Cals; 564 mg Sodium</p>
<p>26 Holiday Observed No Meal Delivery</p>	<p>27 Turkey Meatloaf with Gravy Mashed Potatoes Green Beans Fruit/Roll 573 Cals; 734 mg Sodium</p>	<p>28 Chicken with Mushroom Sauce Egg Noodles Carrots Fruit/Roll 632 Cals; 695 mg Sodium</p>	<p>29 Beef Ravioli With Florentine Sauce California Vegetable Blend Fruit/Roll 530 Cals; 817 mg Sodium</p>	<p>30 Pork with Mustard Wine Sauce Mashed Sweet Potatoes Brussel Sprouts Fruit/Roll 641 Cals; 524 mg Sodium</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 bad 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. Suggested Voluntary Contribution \$2.00 per meal

Cardiac Menu Description:

- ☉ Calories and nutrients to meet 1/3 of the Recommended Daily Allowances for older adults.
- ☉ Total fat, no more than 30% of daily calories.
- ☉ Sodium controlled to be average 700 - 800 mg sodium per meal.
- ☉ No salt used in preparation. Low sodium soup and gravy bases are used.
- ☉ Total sodium provided on menu, includes milk, bread, and condiments.
- ☉ Desserts are carbohydrate controlled.
- ☉ Whole grain breads included.
- ☉ Fruits and vegetables rich in vitamin C.
- ☉ 8 ounces low-fat milk included.
- ☉ Margarine is trans-fat free.

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**