



Renal Kidney Friendly 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</p> <p>585 Cals; Carb 77gm; 770 mg Sod.</p>	<p>2 Shaved Steak w/Gravy White Rice Brussel Sprouts Fruit</p> <p>643 Cals; Carb 61gm; 453 mg Sod.</p>
<p>5 Shrimp Scampi With Spaghetti Green Peas Fruit</p> <p>574 Cals; Carb 68gm; 639 mg Sod.</p>	<p>6 Honey Garlic Chicken Rice Pilaf Green Beans & Red Peppers Fruit</p> <p>567 Cals; Carb 70gm; 684 mg Sod.</p>	<p>7 Roast Turkey with Gravy Couscous Tuscan Mix Vegetables Fruit</p> <p>595 Cals; Carb 60gm; 750 mg Sod.</p>	<p>8 Chicken Marsala With Pasta Broccoli Fruit</p> <p>580 Cals; Carb 64gm; 684 mg Sod.</p>	<p>9 Pot Roast w/Gravy White Rice Carrots Fruit</p> <p>661 Cals; Carb 62gm; 625 mg Sod.</p>
<p>12 Roast Pork w/Gravy Polenta Green Beans Fruit</p> <p>552 Cals; Carb 65gm; 416 mg Sod.</p>	<p>13 Fajita Chicken with Peppers & Onions White Rice Broccoli Fruit</p> <p>542 Cals; Carb 62gm; 420 mg Sod.</p>	<p>14 Lemon Herb Baked Fish Rice Pilaf Vegetable Medley Fruit</p> <p>580 Cals; Carb 71gm; 593 mg Sod.</p>	<p>15 Curry Beef Stir Fry White Rice Green Beans & Red Peppers Fruit</p> <p>682 Cals; Carb 66gm; 628 mg Sod.</p>	<p>16 Turkey Tetrizzini Egg Noodles Carrots Fruit</p> <p>678 Cals; Carb 66gm; 643 mg Sod.</p>
<p>19 Chicken Thighs with Apple Chutney Couscous Corn Fruit</p> <p>588 Cals; Carb 81gm; 534 mg Sod.</p>	<p>20 Pesto Chicken White Rice Broccoli Fruit</p> <p>668 Cals; Carb 62gm; 819 mg Sod.</p>	<p>21 Turkey Sweet Potato Chili Corn Bread Green Beans and Red Peppers Fruit</p> <p>655 Cals; Carb 64gm; 368 mg Sod.</p>	<p>22 Roast Pork w/Gravy White Rice Vegetable Medley Fruit</p> <p>593 Cals; Carb 66gm; 451 mg Sod.</p>	<p>23 Rosemary Garlic Chicken Noodles Green Peas Fruit</p> <p>575 Cals; Carb 64gm; 379 mg Sod.</p>
<p>26 Holiday Observed No Meal Delivery</p>	<p>27 Turkey Meatloaf with Gravy Polenta Green Beans Fruit</p> <p>532 Cals; Carb 60gm; 576 mg Sod.</p>	<p>28 Chicken with Mushroom Sauce Egg Noodles Carrots Fruit</p> <p>610 Cals; Carb 66gm; 648 mg Sod.</p>	<p>29 Beef Ravioli With Florentine Sauce California Vegetable Blend Fruit</p> <p>585 Cals; Carb 77gm; 770 mg Sod.</p>	<p>30 Shaved Steak w/Gravy White Rice Brussel Sprouts Fruit</p> <p>643 Cals; Carb 61gm; 453 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. Suggested Voluntary Contribution \$2.00 per meal

Renal Menu Description:

- ☉ Sufficient calories and nutrients based on 1/3 of the Recommended Dietary Allowances for older adults.
- ☉ Ensure sufficient protein, an average between 30-38 grams per meal.
- ☉ Total Sodium controlled for average 700 – 800 mg per meal.
- ☉ No salt is used in preparation, and low sodium ingredients are used.
- ☉ Low Potassium fruits and vegetables, meals planned to have no more than 1000 mg total potassium per meal.
- ☉ Low Phosphorus foods, average less than 400 mg total per meal.
- ☉ Desserts are diet and controlled for sugar/carbohydrate content.

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**