



Cambridge COA December 2022 Lunch Menu



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
sodium mg	sodium mg	sodium mg	sodium mg	sodium mg
			1 *BBQ Pork Sandwich 510 Baked Beans 140 Carrots 32 Hamburger Bun 230 Fruit 0 <i>Calories: 751 Sodium: 1067mg</i>	
5 Beef Tacos Yellow Rice Mixed vegetables	6 BBQ Chicken Drumstick 390 Sweet Potatoes 37 Beets and Greens 73 Cornbread 90 Pudding 135 <i>Calories: 796 Sodium: 880 mg</i>	7 Country "Fried" Pork Chops Applesauce Broccoli Potatoes	8 Teriyaki Salmon Burger 230 Coconut Curry Fried Rice 24 Carrots 32 Hamburger Roll 230 Cookie 105 <i>Calories: 692 Sodium: 776 mg</i>	
12 French Bread Pizza Pepperoni or Cheese Salad	13 Breaded Fish 260 Tartar Sauce 85 Sweet Potato Wedges 200 Brussel Sprouts 23 Wheat roll 135 Pudding 135 <i>Calories: 725 Sodium: 993 mg</i>	14 Lemon Baked Chicken Carrots Rice Pilaf	15 Beef Wellington 210 Mashed Potatoes 215 Green Beans & Red 6 Pepper 135 Wheat Roll 150 Cookies <i>Calories: 820 Sodium: 871 mg</i>	Donations appreciated. Suggested, voluntary contribution \$3.00 per meal.
19 Steak Garlic Mashed Potatoes Asparagus Side Salad	20 Chicken Noodle 85 Casserole 18 Vegetable Medley 310 Biscuit 130 Pudding <i>Calories: 972 Sodium: 703 mg</i>	21 Baked Haddock Broccoli Rice Pilaf	22 <u>Holiday Special</u> *Baked Ham Raisin Sauce 615 Red Skin Mashed Potatoes 267 Carrots 32 Wheat Roll 135 Brownie 115 High Sodium Meal <i>Calories: 775 Sodium: 1319 mg</i>	Meals may be eaten in the dining room Monday-Thursday, between 11:30 am -12:15 pm, or taken home to go.
26 Holiday Observed 	27 *Hot Dog on 540 Roll 300 Baked Beans 140 Cole Slaw 75 Fruit/Ketchup 0/85 High Sodium Meal <i>Calories: 897 Sodium: 1295 mg</i>	28 Cheeseburgers Fries Salad	29 Pork Marsala with 430 Mushrooms Egg Noodles 267 Mix Vegetables 17 Cornbread 0 Fruit <i>Calories: 740 Sodium: 959 mg</i>	Keep meals refrigerator until ready to eat. Do not leave out in room temperature for more than 2 hours. Consume or discard refrigerated meal within 2 days.

Please cancel a meal reservation by 11:00 am the business day before to help prevent food waste and cost, call 617-349-6047.
 To find out if meals are cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789 to hear a message.
 Menu subject to change without notice.



Nutrition Tips for Healthy Living! December 2022

Nutrition Tips to Help Reduce Triglyceride Levels

Heating Instructions for Chilled Meals:

Regular 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.

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 more nutrition information visit www.eldercare.org

Purchase Ensure® nutrition drink from SCES

Ensure® \$29.00/case of 24
 Ensure® Plus \$31.00/case of 24
 Glucerna Diabetic \$40.00/24

Flavor Choices:
 Strawberry, Vanilla, Chocolate

Call Age Info Dept at
 617-628-2601
 Delivery options available.



Nutrition Tips to Help Reduce Triglyceride Levels

(Source: from the National Lipid Association; www.lipid.org)

What are Triglycerides (TG)? They are a type of fat in your blood. Elevated levels increase the risk of heart disease, stroke, and pancreatitis.

Blood levels of TG (mg/dL):

Normal– less than 150
 Borderline High– 150-199
 High Risk Levels – 200-499
 Very High-Risk Levels – more than 500



Helpful Tips to Help Lower Triglyceride Levels:

1. Limit foods high in added sugars.
 - Limit sweets like cookies, cakes, ice cream, candy, chocolate, pies, cookies, pastries.
 - Avoid sugary drinks like regular soda, fruit juice, lemonade, coffee drinks, shakes, energy drinks, alcohol.
 - Limit fruit juice to only ½ cup per day.
 - Choose whole pieces of fruit instead with meals and snacks. They are a source of natural sugar, high in fiber and vitamins and minerals.
 - Recommendation is to limit added sugar to no more than: 6 teaspoons/day for women; and 9 teaspoons for men a day.

How many teaspoons of sugar are in that drink?

13 oz Coffee Frappuccino – 12 teaspoons
 12 oz Can of regular soda – 10-11 teaspoons
 12 oz Fruit smoothie – 9-10 teaspoons
 12 oz Juice – 8-10 teaspoons
 ½ cup of Ice cream – 7 teaspoons



2. Aim for a healthy weight if overweight. Even a small amount of weight loss like 7-10% may help lower TG levels. Include regular exercise to your ability and level, general recommendation is 30 minutes most days of the week.
3. Limit starchy, high carbohydrate foods. Like white breads, pasta, rice, cereals, crackers, cookies, chips. Keep portions small of these foods and choose whole grain high fiber versions like whole wheat bread and pasta, and brown rice.
4. Seek formal consultation from your healthcare provider and registered dietitian for additional information and treatment plan for high triglycerides.