

December 2022 Cold Supper Sandwich Menu

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

Suggested, voluntary donation of \$2.00 per meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
sodium mg	sodium mg	sodium mg	sodium mg	sodium mg
<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 Turkey & Swiss On Wheat Bun Potato Salad Carrot Raisin Salad Fruit Mayonnaise</p> <p>Calories: 868 Sodium: 1069mg</p>	<p>2 *Turkey Ham Salad Lettuce & Tomato On Wheat Dinner Roll Zucchini Salad Potato Salad Fruit</p> <p>Calories: 695 Sodium: 1172 mg</p>
<p>5 Egg Salad on Wheat Bread Lettuce & Tomato Italian Pasta Salad Beet Salad Pudding</p> <p>Calories: 872 Sodium: 1144 mg</p>	<p>6 Turkey & Provolone on Wheat Bread Black Eyed Peas Broccoli Salad Fruit</p> <p>Calories: 758 Sodium: 1024 mg</p>	<p>7 Waldorf Chicken Salad On Wheat Bun Tomato Zucchini Salad Potato Salad Cookie</p> <p>Calories: 767 Sodium: 837 mg</p>	<p>8 Caprese Sandwich Whole Wheat Bun Artichoke, Feta Couscous Salad Cucumber Salad Fruit</p> <p>Calories: 743 Sodium: 830 mg</p>	<p>9 Tuna Pasta Salad With Green Peas Wheat Roll Broccoli Salad Fruit</p> <p>Calories: 723 Sodium: 787 mg</p>
<p>12 Turkey & Cheddar On Wheat Bun Potato & Green Bean Salad Artichoke, Feta Couscous Pudding</p> <p>High Sodium Meal</p> <p>Calories: 715 Sodium: 1245 mg</p>	<p>13 *Chicken BLT On Whole Wheat Bun Ranch Pasta Salad Beet Salad Fruit</p> <p>Calories: 738 Sodium: 1166 mg</p>	<p>14 Country Ham & Swiss On Wheat Bread Carrot Raisin Salad Broccoli Salad Fruit</p> <p>Calories: 718 Sodium: 1143 mg</p>	<p>15 Greek Chicken Pasta Salad Wheat Roll Black Eyed Pea Salad Cole Slaw Cookie</p> <p>Calories: 838 Sodium: 805 mg</p>	<p>16 Egg Salad with Lettuce & Tomato On Wheat Bread Italian Pasta Salad Cucumber Salad Fruit</p> <p>Calories: 778 Sodium: 896 mg</p>
<p>19 Honey Mustard Chicken On Wheat Bun Curried Chickpeas Mexican Corn Cookie</p> <p>Calories: 826 Sodium: 1182mg</p>	<p>20 Tuna Salad with Lettuce & Tomato Whet Dinner Roll Zucchini Salad Potato Salad Fruit</p> <p>Calories: 792 Sodium: 910 mg</p>	<p>21 Caprese Pasta Salad Mozzarella, Tomatoes, Basil Broccoli Salad Wheat Roll Fruit</p> <p>Calories: 821 Sodium: 704 mg</p>	<p>22 Turkey & Provolone on Wheat Bun Chickpea Feta Salad Carrot Raisin Salad Brownie</p> <p>Calories: 744 Sodium: 1176mg</p>	<p>23 *Country Ham, Cheddar & Apple Sandwich on Wheat Bread Black Eyed Pea Salad Cole Slaw Fruit</p> <p>Calories: 687 Sodium: 1017mg</p>
<p>26 Holiday Observed No Meal Delivery</p> 	<p>27 Roast Beef & Swiss on Wheat Bread Artichoke, Feta Couscous Salad Broccoli Salad Fruit</p> <p>Calories: 863 Sodium: 1041 mg</p>	<p>28 *Buffalo Chicken & Provolone on Wheat Bun Green Pea Salad Beet Salad Fruit</p> <p>High Sodium Meal</p> <p>Calories: 715 Sodium: 1275 mg</p>	<p>29 Chicken Salad With Lettuce & Tomato On Wheat Bread Carrot Raisin Salad Macaroni Salad Cookie</p> <p>Calories: 692 Sodium: 914 mg</p>	<p>30 Turkey & Swiss On Wheat Bread Curried Chickpeas Tomato Zucchini Salad Fruit</p> <p>Calories: 685 Sodium: 1063 mg</p>

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! December 2022

Nutrition Tips to Help Reduce Triglyceride Levels



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 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

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.