



# SCOA December Menu 2022



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

Suggested, voluntary donation of \$3.00 per meal

MONDAY <small>sodium mg</small>	TUESDAY <small>sodium mg</small>	Wednesday <small>sodium mg</small>	THURSDAY <small>sodium mg</small>	FRIDAY <small>sodium mg</small>
<b>Ralph &amp; Jenny</b> 9 New Washington St, Somerville 11:30am on: Mondays– Dec. 5, 12, 19th Tuesdays – Dec. 6, 13, 20, 27 <sup>th</sup> Wednesday – Dec. 7th	<b>Holland St</b> 167 Holland St, Somerville 11:30am on: Wednesdays – Dec. 14, 21st Thursdays – Dec. 1, 8, 15, 22, 29th Fridays – Dec. 2, 9, 16th		1 *BBQ Pork Turkey & Swiss Baked Beans On Wheat Bun Carrots Potato Salad Hamburger Bun Carrot Raisin Fruit Salad Fruit	2 *Turkey Ham Salad 665 Lettuce & Tomato 4 On Wheat Dinner Roll 135 Zucchini Salad 99 Potato Salad 144 Fruit 0  <i>Calories: 695 Sodium: 1172 mg</i>
5 Egg Salad on 234 Wheat Bread 270 Lettuce & Tomato 4 Italian Pasta Salad 260 Beet Salad 121 Pudding 130 <i>Calories: 872 Sodium: 1144 mg</i>	6 BBQ Chicken Turkey & Provolone Drumstick Wheat Bread Sweet Potatoes Black Eyed Peas Beets and Greens Broccoli Salad Cornbread Fruit Pudding <i>Hot: Calories: 796 Sodium: 880 mg</i>	7 Waldorf Chicken Salad 122 On Wheat Bun 230 Tomato Zucchini Salad 110 Potato Salad 145 Cookie 105  <i>Calories: 767 Sodium: 837 mg</i>	8 Teriyaki Caprese Salmon Burger Sandwich Coconut Curry Artichoke, Feta Fried Rice Couscous Salad Carrots/Roll Cucumber Salad Cookie Fruit <i>Hot: Calories: 692 Sodium: 776 mg</i>	9 Tuna Pasta Salad 358 With Green Peas 0 Wheat Roll 135 Broccoli Salad 169 Fruit 0  <i>Calories: 723 Sodium: 787 mg</i>
12 Turkey & Cheddar 450 On Wheat Bun 230 Potato & Green Beans 137 Artichoke, Feta Couscous 168 Pudding 135 <b>High Sodium Meal</b> <i>Calories: 715 Sodium: 1245 mg</i>	13 Breaded Fish *Chicken BLT Tartar Sauce On Wheat Bun Sweet Pot. Wedges Ranch Pasta Salad Brussel Sprouts Beet Salad Wheat roll Fruit Pudding <i>Calories: 725 Sodium: 993 mg</i>	14 Country Ham & Swiss 435 On Wheat Bread 270 Carrot Raisin Salad 144 Broccoli Salad 169 Fruit 0  <i>Calories: 718 Sodium: 1143 mg</i>	15 Beef Wellington Greek Chicken Mashed Potatoes Pasta Salad Green Beans & Wheat Roll Red Pepper Black Eyed Pea Wheat Roll Cole Slaw Cookies Cookie <i>Hot: Calories: 680 Sodium: 760 mg</i>	16 Egg Salad with 234 Lettuce & Tomato 4 On Wheat Bread 270 Italian Pasta Salad 260 Cucumber Salad 3 Fruit 0  <i>Calories: 778 Sodium: 896 mg</i>
19 Honey Mustard Chicken 398 On Wheat Bun 230 Curried Chickpeas 197 Mexican Corn 82 Cookie 150  <i>Calories: 826 Sodium: 1182mg</i>	20 Chicken Noodle Tuna Salad with Casserole Lettuce & Tomato Vegetable Medley Whet Dinner Roll Biscuit Zucchini Salad Pudding Potato Salad/Fru  <i>Calories: 972 Sodium: 703 mg</i>	21 Caprese Pasta Salad 275 Mozzarella, Tomatoes, Basil Broccoli Salad 169 Wheat Roll 135 Fruit 0  <i>Calories: 821 Sodium: 704 mg</i>	22 * Baked Ham Turkey & Raisin Sauce Provolone/Bun Red Skin Potatoes Chickpea Salad Carrots/Roll Carrot Raisin Brownie Brownie  <i>Hot: Calories: 775 Sodium: 1319 mg</i>	23
26 <b>Holiday Observed</b> 	27 *Hot Dog Roast Beef & Swiss Baked Beans Wheat Bread Cole Slaw Couscous Salad Fruit/Ketchup Broccoli Salad <b>High Sodium Meal</b> Fruit <i>Hot: Calories: 897 Sodium: 1295 mg</i>	28	29 Pork Marsala Chicken Salad Mushrooms On Wheat Bread Egg Noodles Carrot Raisin Mix Vegetables Macaroni Salad Cornbread/Fruit Cookie  <i>Hot: Calories: 740 Sodium: 959 mg</i>	30

**Meal Cancellations Notices: Menu subject to change without notice.**

Please cancel or reserve a meal reservation by 11:00 am the business day before at 617-625-6600, ext. 2321.

To find out if meals are cancelled due to severe weather, call SCES weather line at (617) 628-2614, extension 6789 to hear a message.



# Nutrition Tips for Healthy Living! December 2022

## Nutrition Tips to Help Reduce Triglyceride Levels

### SCOA Lunch Dates & Locations

Hot meals served on Tuesdays & Thursdays are dine-in only. Cold sandwich meals are available for Grab and Go. To reserve or cancel a meal, please call SCOA at 617-625-6600, ext. 2321, by 11AM the business day before. Lunch served at 11:30AM

**Ralph and Jenny Senior Center:** 9 New Washington St, Somerville,  
 Mondays– Dec. 5, 12, 19th  
 Tuesdays – Dec. 6, 13, 20, 27<sup>th</sup>  
 Wednesday – Dec. 7th

**Holland St Senior Center:** 167 Holland St, Somerville  
 Wednesdays – Dec. 14, 21st  
 Thursdays – Dec. 1, 8, 15, 22, 29th  
 Fridays – Dec. 2, 9, 16th

### Nutrition Tips to Help Reduce Triglyceride Levels

(Source: from the National Lipid Association; [www.lipid.org](http://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:

- 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



- 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.
- 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.
- Seek formal consultation from your healthcare provider and registered dietitian for additional information and treatment plan for high triglycerides.

#### 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 menu options and nutrition information visit [www.eldercare.org](http://www.eldercare.org)

Keep meals refrigerator until ready to eat. Do not leave out in room temperature for more than 2 hours. Consume or discard refrigerated cold meal within 48 hours.

#### **Purchase Ensure® nutrition drink from SCES**

Ensure® \$29.00/case of 24 drinks  
 Ensure® Plus \$31.00/case of 24  
 Glucerna Diabetic \$40.00/case of 24  
 Flavors: Strawberry, Vanilla, Chocolate  
 Call Age Info Dept at 617-628-2601  
 Delivery options available