

# Cambridge COA MAY 2024 Lunch Menu

SCES Nutrition Department 617-628-2601, [www.eldercare.org](http://www.eldercare.org). Suggested, voluntary donation of \$3.00 per meal.

MONDAY	sodium mg	TUESDAY	sodium mg	WEDNESDAY	sodium mg	THURSDAY	sodium mg	FRIDAY	sodium mg
<b>Lunch is served Monday-Thursday, 11:30am -12:15pm. To reserve or cancel a meal reservation, call 617-349-6047 two days in advance please.</b>				1 Chicken Pot Pie 110 Biscuit 310 Green Beans & Red Peppers 6 Fruit 0  <i>Cals:802; Carb:88gm; Sod:581mg</i>		2 Cheese Ravioli 360 Marinara & Mozzarella 315 Broccoli 6 Garlic Bread 270 Fruit 0  <i>Cals:678; Carb:89gm; Sod:1106mg</i>		3	
6 Creamy Cajun Shrimp 480 Pasta 0 Carrots 30 Dinner Roll 250 Fruit 0  <i>Cals:710; Carb:85gm; Sod:915mg</i>		7 "Beach Spaghetti (sausage)" With Salsa Criolla Peppers and tomato Garlic Bread Fruit		8 Philly Steak & Cheese 325 Potato Puffs 235 Mixed Vegetables 24 Roll 85 Fruit 0  <i>Cals:835; Carb:105gm; Sod:909mg</i>		9 Chicken Picatta 473 Potatoes Au Gratin 373 Vegetable Medley 23 Wheat Bread 65 Pound Cake & Strawberries 240  <i>Cals: 735; Carb:90gm; Sodium:1046mg</i>			
13 BBQ Pulled Pork 610 Cheesy Grits 116 California Mix Vegetables 45 Wheat Bread 65 Fruit 0  <i>Cals:767; Carb:96 gm; Sod.:992mg</i>		14 Chicken Yassa Brown Rice Cabbage Churros		15 Honey Garlic Chicken 240 Orzo 3 Carrots 30 Wheat Roll 135 Fruit 0  <i>Cals:680; Carb:93gm; Sodium:563mg</i>		16 Seafood Casserole 430 Potatoes Au Gratin 373 Brussel Sprouts 23 Wheat Bread 65 Fruit 0  <i>Cal: 860; Carb:91gm; Sodium: 1046mg</i>		17	
20 Chicken & Mushrooms 370 Egg Noodles 5 Tuscan Mix Vegetables 30 Wheat Bread 65 Fruit 0  <i>Cals:747; Carb: 86gm; Sod:625mg</i>		21 Naan Cheese Pizza Vegetable Salad Cheesy Garlic Toast Fruit		22 Cheese Tortellini/Chicken 245 Pesto Cream Sauce 314 Zucchini 9 Garlic Bread 270 Fruit 0  <i>Cals:735; Carb:89gm; Sod:993mg</i>		23 Cheeseburger 300 Potato Wedges 25 Carrots 30 Bun 80 Iced Banana Cake 260  <i>Cals:905; Carb:106gm; Sod.: 935mg</i>		24	
<b>27 Memorial Day Holiday</b> 		28 Potato Crunch Fish 330 Tartar Sauce 85 Mashed Sweet Potatoes 37 Green Peas 6 Wheat Roll 135 Fruit 0  <i>Cals:730; Carb:105gm; Sod.: 748mg</i>		29 American Chop Suey 300 Whole Grain Pasta 0 Mixed Vegetables 24 Dinner Roll 250 Cookie 150  <i>Cals:775; Carb:93gm; Sodium: 879mg</i>		30 BBQ Chicken 530 Baked Beans 140 Tuscan Mix Vegetables 30 Wheat Roll 135 Fruit 0  <i>Cals:691; Carb:91gm; Sodium: 990mg</i>		31	

Lunches are for participants 60 years or older, their spouses and dependents with disabilities are welcome. A confidential, voluntary donation of \$3.00 per meal is suggested.

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**



# Nutrition Tips for Healthy Living! MAY 2024 Older Americans Month: Nutrition Check up Event

## May is Older Americans Month

It is a time to honor and celebrate older adults in the community and their accomplishments and contributions to society. It is led by the Administration for Community Living and provides an opportunity to increase awareness of challenges older adults may face, such as medical care, social isolation, financial limitations, food insecurity and nutritional deficiencies.

Source: [Older Americans Month - May 1, 2024 \(holidaycalendar.io\)](http://holidaycalendar.io); [Older Americans Month 2024 | ACL Administration for Community Living](http://www.acl.gov)

### 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 menus and more nutrition services visit [www.eldercare.org](http://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.



## FREE Nutrition Check-up Food, Health, and Nutrition Event

Tuesday, May 21, 10:30 am

Cambridge Senior Center Ballroom

806 Massachusetts Ave., Cambridge

### Join us for:

Presentation:  
“Healthy Nutrition for Older Adults:  
Keeping Malnutrition at Bay”

Nutrition Screening Questionnaire

Raffle for Participants

Giveaways

Lunch is served at 11:30 am.

Call 617-349-6047 by May 19 to make a reservation.