


Cambridge Senior Center, 806 Mass Ave

SCES Nutrition Department 617-628-2601, 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
		1 House made Filet-O-Fish Grilled Vegetables Buns Cookies		2 *Meatballs & Pasta 515 Green Beans & Red Peppers 20 Garlic Bread 270 Fruit 0 <i>Cals 713; Carb:99gm; Sod: 944mg</i>		3 Roasted Chicken 123 with Apple Chutney Mashed Potatoes 124 Brussel Sprouts 26 Pound Cake 240 <i>Cals:826; Carb:106gm; Sod:713mg</i>		4	
7 Beef Teriyaki 480 White Rice 25 Carrots 50 Dinner Roll 250 Mixed Fruit Cup 5 <i>Cals:749; Carb:99gm; Sod.: 945mg</i>		8 Tamarind Pork Ribs Quinoa Salad Wheat Roll Fruit		9 Tuscan White Fish 480 Rice Pilaf 50 Mixed Vegetables 50 Wheat Bread 65 Chocolate Pudding 130 <i>Cals:857; Carb:103gm; Sod:910mg</i>		10 Roast Turkey/Gravy 400 Mashed Potatoes 124 Green Beans/Red Peppers 20 Cornbread 180 Oatmeal Cookie 90 <i>Cals:725; Carb:83gm; Sod.949mg</i>		11	
14 Holiday No Meal Delivery		15 Hawaiian Chicken Sweet Rice Carrots Wheat Bread Pear		16 Pork Cacciatore 186 Roasted Potatoes 85 Mixed Vegetables 50 Wheat Bread 65 Mini Apple Bites 140 <i>Cals: 887; Carb:104gm; Sod:661mg</i>		17 Beef Stuff Pepper Bowl 276 White Rice 25 Kale & Red Peppers 29 Wheat Roll 150 Peach 0 <i>Cal: 816; Carb:72gm; Sod.:615mg</i>		18	
21 Maple Bacon Chicken 419 Sweet Potatoes 141 Brussel Sprouts 26 Wheat Bread 65 Fruit Cup 0 <i>Cals:776; Carb: 122gm; Sod:786mg</i>		22 Salpicon De Res -Beef Salad Rice and Beans Lettuce Cookie		23 *Meatloaf w/Gravy 546 Mashed Potatoes 124 Broccoli 2 Hawaiian Roll 80 Fruit Muffin 150 <i>Cals:797; Carb:91gm; Sod:1064mg</i>		24 Cheese Lasagna 390 Turkey Bolognese 189 Carrots 56 Garlic Breadstick 270 Peach 0 <i>Cal:796; Carb; 89gm; Sod:1040mg</i>		25	
28 Creamy Garlic Salmon 407 Rice Pilaf 50 Garlic Kale 31 White Roll 250 Chocolate Pudding 130 <i>Cals:1006; Carb:100gm; Sod:1003</i>		29 Nasi Goreng Ayam-Fried Rice with Chicken Cucumber and Tomato Wheat Roll Fruit		30 *Hot Dog 540 Baked Beans 140 Carrots 56 Brown Bread 180 Banana 1 <i>Cals:771; Carb:88gm; Sod:1052mg</i>		31 HoneyMustard Chicken 786 Roasted Potatoes 85 Mixed Vegetables 51 Wheat Bread 65 Pudding 140 <i>Cal:852; Carb:100gm; Sod:1262mg</i>		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.	

Meals 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! OCTOBER 2024

NEW: Optional Weekly 5-Pack Meal Delivery!

NEW: Optional Weekly 5-Pack of Meals Delivered to You!

Somerville Cambridge Elder Services is introducing a new optional weekly food delivery package, containing a variety of 5 frozen meals, catered by City Fresh Foods of Boston. This is a good option for those with busy schedules and prefers a once-a-week delivery on a day of your choosing between Monday and Friday.

Meal Heating Instructions

- **Do NOT use toaster oven to reheat home delivered meals.**
- Keep meals refrigerator until ready to eat.
- **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 reach an internal temperature of 165F.
- Do not leave out in room temperature for more than 2 hours.
- Consume or discard refrigerated meal within 48/hrs.

Menu Nutrition Description:

- Meals provide one-third the daily recommended dietary allowance.
- ✓ Regular, no added salt (NAS) menu.
 - ✓ Calories range 700-800 calories/meal.
 - ✓ Total fat no more than 30%/Cals.
 - ✓ Meals do not exceed 1200mg sodium per meal, unless noted high sodium.
 - ✓ Entrée over 500mg sodium marked with asterisk (*).
 - ✓ Sodium totals include milk (135mg), margarine (30mg).

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
 Flavors: Strawberry, Vanilla, Chocolate.
 Call Community Support Services at 617-628-2601. Delivery options are available

Choose a day of the week that you prefer, and they will be delivered right to your door. They will include 5 meals, plus milk, bread and desserts. Sample menus:

Week 1

Unstuffed Beef Pepper Bowl, Rice, Corn & Peppers
 Shrimp Alfredo, Pasta, Green Beans
 Hot Dog, Baked Beans, Carrots
 Roast Turkey & Gravy, Mashed Potatoes, Green Peas
 Chef Special – Weekly Rotating Entrée

Week 2

Lemon Ricotta Parmesan Ravioli, Zucchini Squash
 BBQ Chicken, Mac & Cheese, Green Beans w/ Red Peppers
 Crispy Chicken, Black Eyed Peas, Beets & Greens
 Potato Pollock, Mashed Sweet Potatoes, Mixed Vegetables
 Chef Special – Weekly Rotating Entrée

Week 3

Beef Teriyaki, White Rice, Carrots
 Cheese Lasagna with Turkey Bolognese, Zucchini
 Stewed Chicken Drumstick, Polenta, California Vegetables
 Meatloaf w/ Gravy, Mashed Sweet Potatoes, Broccoli
 Chef Special – Weekly Rotating Entrée

Week 4

Salmon w/ Lemon Wedge, Rice Pilaf, Garlic Kale
 Turkey Meatballs & Marinara, Pasta, Green Beans
 Cheeseburger, Corn & Peppers, Vegetable Medley
 Hawaiian Chicken, Sweet Rice, California Vegetables
 Chef Special – Weekly Rotating Entrée

Please call 617-628-2601 and say that you are interested in receiving meals to learn more.