





SCES, 61 Medford St, Somerville, 617-628-2601, [www.eldercare.org](http://www.eldercare.org). Suggested, voluntary donation of \$3.00 per meal.

MONDAYsodium mg			TUESDAYsodium mg		WEDNESDAYsodium mg		THURSDAYsodium mg		FRIDAYsodium mg				
2	Chicken Marsala	294	3	Braised Beef and Veg	75	4	Pulled Pork	550	5	Chicken Pot Pie	215	6	
	Orzo	4		Mashed Potatoes	23		Cilantro Lime Rice	67		w/ WG Buttermilk Biscuit	370		
	Carrots	56		Vegetable Medley	54		Black Beans, Corn, &	61		Broccoli	38		
	Whole Grain Cornbread Loaf	180		Wheat Bread	65		Peppers			Fig Newton	180		
	Peach Cup	5		Chocolate pudding	135		Tortilla Wrap	135					
							Orange	0					
719 Cals; Carbs 91 gm; 674 mg Sodium			832 Cals; Carbs 91 gm; 487 mg Sodium			680 Cals; Carbs 90 gm; 948 mg Sodium			915 Cals; Carbs 102 gm; 938 mg Sodium				
9	Maple-Bacon Chicken	162	10	Cooked on-site day		11	American Chop Suey (Tur)	225	12	Chicken Scampi	172	13	
	Butternut Squash	12		Chicken Noodle Soup			Whole Grain Pasta	4		Whole Grain Pasta	4		
	Green beans & Red Peppers	30		Steak & Cheese			Broccoli	38		Green Peas	20		
	Hawaiian Roll	80		Sandwich			Wheat Bread	65		Wheat Roll	150		
	Orange	1		Side Salad			Fruit Cup	5		Banana	1		
				Cookies									
780 Cals; Carbs 101 gm; 420 mg Sodium						761 Cals; Carbs 93 gm; 472 mg Sodium			805 Cals; Carbs 98 gm; 482 mg Sodium				
16	<b><u>Holiday – No Lunch</u></b>		17	Shepherd’s Pie	295	18	Egg/Cheese Broccoli Bake	315	19	Cooked on-site day		20	
				w/Mashed Pot, Corn, Peas	-		w/ WG Buttermilk Biscuit	370		Pork Chow Mein			
				Green Beans	20		Mixed Vegetables	51		Egg Roll			
				Cornbread Loaf	180		Pound Cake	240		Yuca/			
				Peach Fruit Cup	5					Corn on the Cob			
										Peaches			
			877 Cals; Carbs 83 gm; 635 mg Sodium			782 Cals; Carbs 76 gm; 1111 mg Sodium			705 Cals; Carbs 89 gm; 905 Sodium				
23	Beef Stroganoff	201	24	Stewed Tomato Chicken	175	25	Beef Chili w/ Cheese	323	26	Cooked on-site day		27	
	Egg Noodles	7		Rice Pilaf	50		w/ WG Buttermilk Biscuit	370		Pasta with Bolognese Sauce			
	Brussel Sprouts	26		Kale & Red Peppers	29		Mixed Root Vegetables	65		Garden Salad			
	Wheat Roll	150		Wheat Roll	150		Pear	1		Garlic Bread			
	Cinnamon Apples	3		Vanilla Pudding	130					Cookie			
752 Cals; Carbs 73 gm; 522 mg Sodium			713 Cals; Carbs 77 gm; 669 mg Sodium			755 Cals; Carbs 85 gm; 894 mg Sodium							
									Reservations are required, one week in advance, by calling 617-349-6047, or at the Front Desk. Lunch is offered Monday-Thursday, 11:30am -12:15pm. Vegetarian option available upon request. Meals not cooked on-site are catered by City Fresh Foods.				

Meals are for participants 60 years of age or older, their spouses and dependent with disabilities are welcome.  
A confidential, voluntary donation of \$3.00 per meal is suggested. Menu subject to change.



# Nutrition Tips for Healthy Living! FEBRUARY 2026

## February – National Snack Month

### **February is National Snack Month!**

Most people include one to two snacks per day. Including snacks that are nutrient-rich, full of fiber and protein may help boost energy, curb appetite until next meal, help provide needed nutrients throughout the day, and especially beneficial if one is experiencing poor appetite, reduced food intake or a need to increase weight.

Source: <https://nutritionsource.hsph.harvard.edu/snacking/>

### **Meal Heating Instructions**

**Do NOT use the toaster oven to reheat home delivered meals.**

Keep meals in the refrigerator until ready to eat.

Do not leave out in room temperature for more than 2 hours.

Consume or discard a refrigerated meal within 48/hrs.

**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 they reach an internal temperature of 165F.

### **Menu Nutrition Guidelines:**

Meals provide one-third the daily recommended intake for older adults.

- Regular diet, no added salt (NAS).
- Calories range from 700-800 calories/meal.
- Total fat no more than 30%/Cals.
- Average sodium per meal 700-900mg for whole meal including side components.
- Entrée over 500mg sodium marked with asterisk (\*).
- Sodium totals include milk (105mg), margarine (30mg).

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

### **Purchase Ensure® from SCES.**

Ensure® \$30.70/case of 24 drinks

Ensure® Plus \$34.00/case of 24

Glucerna Diabetic \$40.00/case of 24

Flavor Options: Vanilla, Chocolate

Delivery or pick up options are

available. Call Community Support

Services at 617-628-2601.

Finding healthy snack options, however, can be challenging. Snack choices tend to be very processed, high in sodium, added sugar and saturated and trans fats. Looks for ones that include fruits, vegetables, whole grains, and protein.



Healthier snack options:

1. Handful of nuts
2. Trail mix made with whole grain cereal, nuts, and dried fruit (1/4 cup/serving)
3. Pepper slices to dip in guacamole
4. Greek yogurt with granola, oats, and/or mixed berries
5. Apple slices, carrots, or celery dipped in peanut butter or other nut/seed butter
6. Cottage or ricotta cheese topped with fresh fruit
7. Dark chocolate with almonds
8. Cucumber, carrot sticks, or whole grain pita chips dipped in hummus
9. Piece of fruit for a naturally sweet treat
10. Cherry tomatoes with fresh mozzarella and basil, drizzle with olive oil
11. Hard-boiled eggs to eat as is or add to a salad
12. Air-popped popcorn topped with dried herbs or Parmesan Cheese.
13. Fruit smoothie made with yogurt, fruit and milk or milk alternative.
14. Mashed avocado and salsa with whole grain tortilla chips
15. Top graham crackers with nut or seed butter, or dipped in vanilla yogurt
16. Make a veggie pizza with whole grain English muffin, topped with tomato sauce, vegetables, and mozzarella cheese.
17. Instant oatmeal prepared with milk, topped with 1 TB maple syrup, cinnamon, add nuts or dried fruit for added fiber and protein.
18. Rice cakes topped with cream cheese and fruit or nut butter and banana
19. Whole wheat crackers (6-8) and cheese
20. Roasted chickpeas (garbanzo beans) topped with herbs and seasonings

Sources: <https://www.nationaldaycalendar.com/february/national-snack-food-month-february>; Smart-Snacking Tips for Adults and Teens ([eatright.org](http://eatright.org))