


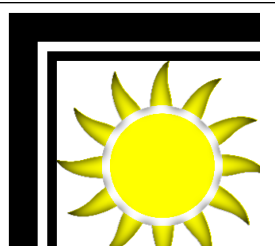
Cambridge COA APRIL 2024 Lunch Menu

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 Turkey Chili 275 With Shredded Cheese 102 Green Peas 6 Biscuit 310 Fruit 0 <i>Cals:801; Carb:94gm; Sod:848mg</i>		2 Roasted Turmeric Chicken Baba Ghanoush Flat Bread Cake		3 Beef Wellington w/Gravy 315 Mashed Potatoes 160 Carrots 30 Wheat roll 135 Fruit 0 <i>Cals:770; Carb:92gm; Sod:795mg</i>		4 Maple Bacon Chicken 390 Sweet Rice 25 Brussel Sprouts 23 Corn Bread 180 Fruit 0 <i>Cals:750; Carb:104gm; Sod:773mg</i>		5	
8 Beef & Pepper Bowl 438 White Rice 25 Collard, Corn & Peppers 35 Wheat Roll 135 Fruit 0 <i>Cals:770; Carb:75gm; Sod:788mg</i>		9 Grilled Shrimp Mojo with Black Beans Plantains Fruit		10 Rosemary Garlic Chicken 197 Orzo 2 Carrots 30 Wheat Bread 135 Fruit 0 <i>Cals:693; Carb:88gm; Sod:519mg</i>		11 Cheese Lasagna 390 w/Beef Bolognese 225 Zucchini Squash 6 Garlic Toast 270 Fruit 0 <i>Cals: 735;Carb:90gm; Sodium:1046mg</i>		12	
15 Patriot's Day Holiday No Meal Delivery		16 Honey Mustard Chicken 495 Roasted Potatoes 120 Vegetable Medley 24 Wheat Roll 135 Fruit 0 <i>Cals:701; Carb:103 gm; Sod.:929mg</i>		17 Cheese Ravioli 360 Lemon Ricotta Parmesan 98 Sauce 23 Brussel Sprouts 270 Garlic Bread 135 Pudding <i>Cals:743; Carb:86gm; Sodium:1041</i>		18 Shrimp w/Tomato & Capers 570 White Rice 25 Carrots 30 Cornbread 180 Fruit 0 <i>Cal: 780;Carb:93gm; Sodium: 960mg</i>		19	
22 Balsamic Chicken 105 Sweet Rice 2 Broccoli 24 Wheat roll 135 Fruit 0 <i>Cals:726; Carb: 86gm; Sod:421mg</i>		23 Vietnamese Style Banh Mi Sandwich Spring Roll Coconut Sticky Rice with Mango		24 Garlic Butter Salmon 163 Orzo Primavera 25 Carrots 30 Wheat Roll 135 Pound Cake 240 <i>Cals:873; Carb:83gm; Sod:748mg</i>		25 Beef Teriyaki 395 White Rice 25 Corn w/Peppers 6 Wheat Roll 135 Fruit 0 <i>Cals:707; Carb:94gm; Sodium: 716mg</i>		26	
29 Stuffed Shells 450 Marinara & Parmesan 585 Broccoli 6 Garlic Bread 270 Fruit 0 Higher Sodium Meal <i>Cals:740; Carb:65gm; Sod.: 1256</i>		30 "Beach Spaghetti (sausage)" with Salsa Criolla Peppers and tomato Garlic Bread				The dining room will be serving hot homemade food cooked in the senior center kitchen every Tuesday. Monday, Wednesday and Thursdays are catered by City Fresh Inc..		Lunch is served Monday-Thursday, 11:30am -12:15pm. To reserve or cancel a meal reservation, call 617-349-6047 by 11:00am the business day before.	

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! April 2024

Vitamin D for Healthy Aging

Vitamin D for Healthy Aging

Vitamin D is important for overall health:

1. Vitamin D aids in calcium absorption, and together they help maintain healthy, strong bones and teeth, and help prevent osteoporosis.
2. Vitamin D works by keeping your muscles and nerves functioning and sending signals properly throughout the body.
3. Vitamin D helps support a healthy immune system to fight off bacteria and viruses.

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

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.



Food Sources of Vitamin D

- Fatty fish like salmon, sardines, trout, tuna, flounder, sole.
- Fortified dairy foods, milk, and non- dairy milks such as soy, almond or oat milks; yogurt; kefir.
- Fortified cereals and orange juice.
- Beef liver, cheese and egg yolks have small amounts.
- Mushrooms exposed to ultraviolet light.
- The body will make vitamin D from sunlight on bare skin however it is influenced by many reasons, such as: smog, cloudy days, aging adults, dark skin color, and wearing sunscreen, which is important to use if outside in the sun to help prevent skin cancer.



Recommended Daily Allowances for Vitamin D:

- 19 - 70 years: 600 IU or 15 mcg a day
- 71 years and older: 800 IU or 20 mcg a day

Points to think about with Vitamin D Supplements.

It is most helpful to get Vitamin D from food sources first, if possible, but sometimes a Vitamin D supplement may be recommended. For example, those on a vegan diet, older adults, kidney disease, Crohn's disease, celiac disease, or ulcerative colitis, medications that interact with Vitamin D absorption. Talk to your doctor first before taking any supplements. Some tips:

1. Avoid high dose supplements, unless prescribed by your doctor.
2. Excessive vitamin D intake from food and supplements combined can be harmful. The upper limit to not exceed for healthy individuals a day is 4000 IU. Talk to your doctor first about the right amount for you.
3. Vitamin D is a fat-soluble vitamin, so vitamin D supplements are better absorbed when eaten in combination with food that includes some fat.
4. Discuss with your primary care provided about measuring the vitamin D level in your blood to see if you may need a supplement.
5. Let your primary care provider know if you are taking any dietary supplements, they may react with certain medications.

Sources: www.nutritioncaremanual.org/client_ed/; <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>