


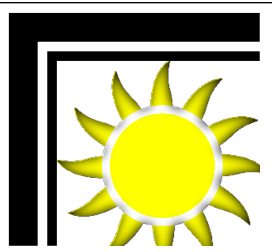
Cambridge COA APRIL 2024 Lunch Menu

SCES Nutrition Department 617-628-2601, www.eldercare.org. Suggested, voluntary donation of \$3.00 per meal.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY				
		sodium mg				sodium mg						
1	Turkey Chili With Shredded Cheese Green Peas Biscuit Fruit	275 102 6 310 0		2	Roasted Turmeric Chicken Baba Ghanoush Flat Bread Cake			4	Maple Bacon Chicken Sweet Rice Brussel Sprouts Corn Bread Fruit	390 25 23 180 0		
		<i>Cals:801; Carb:94gm; Sod:848mg</i>				<i>Cals:770; Carb:92gm; Sod:795mg</i>		<i>Cals:750; Carb:104gm; Sod:773mg</i>				
8	Beef & Pepper Bowl White Rice Collard, Corn & Peppers Wheat Roll Fruit	438 25 35 135 0		9	Grilled Shrimp Mojo with Black Beans Plantains Fruit			11	Cheese Lasagna w/Beef Bolognese Zucchini Squash Garlic Toast Fruit	390 225 6 270 0		
		<i>Cals:770; Carb:75gm; Sod:788mg</i>				<i>Cals:693; Carb:88gm; Sod:519mg</i>		<i>Cals: 735;Carb:90gm; Sodium:1046mg</i>				
15 Patriot's Day Holiday No Meal Delivery				16	Honey Mustard Chicken Roasted Potatoes Vegetable Medley Wheat Roll Fruit	495 120 24 135 0		17	Cheese Ravioli Lemon Ricotta Parmesan Sauce Brussel Sprouts Garlic Bread Pudding	360 98 23 270 135 0		
				<i>Cals:701; Carb:103 gm; Sod.:929mg</i>				<i>Cals:743; Carb:86gm; Sodium:1041</i>		18	Shrimp w/Tomato & Capers White Rice Carrots Cornbread Fruit	570 25 30 180 0
								<i>Cal: 780;Carb:93gm; Sodium: 960mg</i>		19		
22	Balsamic Chicken Sweet Rice Broccoli Wheat roll Fruit	105 2 24 135 0		23	Vietnamese Style Banh Mi Sandwich Spring Roll Coconut Sticky Rice with Mango			24	Garlic Butter Salmon Orzo Primavera Carrots Wheat Roll Pound Cake	163 25 30 135 240		
		<i>Cals:726; Carb: 86gm; Sod:421mg</i>						<i>Cals:873; Carb:83gm; Sod:748mg</i>		25	Beef Teriyaki White Rice Corn w/Peppers Wheat Roll Fruit	395 25 6 135 0
								<i>Cals:707; Carb:94gm; Sodium: 716mg</i>		26		
29	Stuffed Shells Marinara & Parmesan Broccoli Garlic Bread Fruit	450 585 6 270 0		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.		
		<i>Cals:740; Carb:65gm; Sod.: 1256</i>										

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 provider 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/>