

# Cambridge COA MARCH 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 <small>sodium mg</small>	TUESDAY <small>sodium mg</small>	WEDNESDAY <small>sodium mg</small>	THURSDAY <small>sodium mg</small>	FRIDAY <small>sodium mg</small>
The dining room will be serving hot homemade food cooked in the senior center kitchen every Wednesday. Monday, Tuesday and Thursdays are catered by City Fresh Inc..	Lunch is served Monday-Thursday, 11:30am -12:15 pm. To reserve or cancel a meal reservation, call 617-349-6047 by 11:00am the business day before.			1
4 Stuffed Pepper Bowl 430 With Chicken 25 White Rice 13 Zucchini & Red Peppers 135 Fruit 0 <i>Cals:676; Carb:70gm; Sod:758mg</i>	5 Beef Stew 320 With Biscuit 310 Mixed Vegetables 25 Chocolate Pudding 135 <i>Cals:695; Carb 76gm; Sodium:945mg</i>	6 Creamy Tomato Bisque Grilled Cheese Sandwich Cole Slaw Rice Pudding	7 * Sausage w/Abruzzi Sauce 620 Roasted Potatoes 80 California Mix Vegetables 46 Wheat Bread 135 Fruit Snack Loaf 150 <i>Cals: 807;Carb:80gm; Sodium:1186mg</i>	8
11 *Chicken Cordon Royale 550 Sweet Rice 25 Broccoli 6 Wheat Roll 135 Fruit 0 <i>Cals:718; Carb:79gm; Sodium:871mg</i>	12 <b>Nutrition Month Lunch &amp; Learn</b> *Pot Roast w/Gravy Mashed Sweet Potatoes Mixed Vegetables Wheat Bread Vanilla Pudding	13 Swiss Chicken Wing Pasta Spinach Garlic Bread Mochi Cake	14 *Corned Beef & Cabbage 755 Boiled Potatoes 130 Green Peas 6 Wheat Roll 135 Chocolate Cake 180 <i>Cal:780;Carb:92gm;High Sod:1361mg</i>	15
18 Turkey Chili 240 With Shredded Cheese 102 California Mix Vegetables 46 Biscuit 310 Fruit 0 <i>Cals:735; Carb:86gm; Sod:853mg</i>	19 *Teriyaki Chicken 563 White Rice 25 Green Beans & Red Peppers 6 Wheat Bread 135 Fruit Muffin 150 <i>Cals:731; Carb:90gm; Sod.:1034mg</i>	20 Grasac Pea and Beef Stew Brown Rice Brussel Sprouts Bread Cookie	21 Braised Beef w/Vegetables 131 Mashed Potatoes 160 Mixed Vegetables 24 Dinner Roll 250 Chocolate Pudding 135 <i>Cals:760; Carb:85gm; Sodium: 855mg</i>	22
25 *Pork Sausage Cacciatore 710 White Rice 25 Green Peas 6 Wheat Roll 135 Fruit 0 <i>Cals:850; Carb:79gm; Sod.: 1031mg</i>	26 Beef Stroganoff 180 Egg Noodles 5 Tuscan Mix Vegetables 30 Wheat Bread 135 Vanilla Pudding 130 <i>Cals:785; Carb:76gm; Sod.: 635mg</i>	27 Butter Chicken Rice Broccoli Naan Coconut Ladoo	28 *Ham w/Raisin Sauce 850 Garlic Mashed Potatoes 160 Green Beans & Red Peppers 6 Cornbread 180 Cookie 70 <i>Cal:695;Carb:90gm; High Sod:1421</i>	29

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! MARCH 2024

## March: Celebrate Nutrition Month and Healthy Eating

### Nutrition Month Webinars Hosted by SCES

Join us for two nutrition webinars in March to celebrate nutrition month.

**Science Based Nutrition for Brain Health, March 6, 1:00pm - 2:30pm.**

**Navigating the Nutrition Landscape for Older Adults, March 21, 2:00pm—3:30pm**

Register at [www.eldercare.org](http://www.eldercare.org), scroll down to “Latest Events and News”, or call the nutrition department at 617-628-2601 for more information.

### 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.



### *Join SCES and the Councils on Aging*

**And our dedication to nutrition and wellness for local adults!**

Kindly join us for a nutritious hot lunch and a discussion on

## **Nutrition Myths: Fact or Fiction**

**Cambridge Council On Aging - March 12, 11:00 a.m.**

**lunch served at 11:30 a.m., to make a reservation call**

617-349-6047 by 11 a.m. March 7 please.

Cambridge Senior Center, 806 Mass. Ave., Cambridge

**Somerville Council On Aging - March 28, 11:30 a.m.**

**lunch served at 12:00 p.m., to make a reservation call**

617-625-6600, ext. 2321 by 11 a.m. the previous business day

Holland Street Senior Center, 167 Holland St., Somerville

**Meet our dedicated SCES Nutrition Staff**

**Learn about our meal options and other available nutrition services.**