



MARCH 2025

Cambridge Senior Center, 806 Mass Ave

61 Medford St, Somerville, 617-628-2601, www.eldercare.org. Suggested, voluntary donation of \$3.00 per meal.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
sodium mg		sodium mg		sodium mg		sodium mg		sodium mg						
3	Stuffed Shells Turkey Bolognese Mixed Vegetables Wheat Roll Pear Cup	230 190 51 150 0	4	Jambalaya with Pork Collard green Cornbread Apple Cobbler		5	Cheese Ravioli With Lemon Ricotta Sauce Spinach & Peppers Wheat Roll Lemon White Choc. Cookie	200 45 65 150 100	6	Beef Stroganoff Mashed Potatoes Brussel Sprouts Wheat Bread Vanilla Pudding	188 22 26 65 130	7		
<i>728 Cals; Carbs 83 gm; 756 mg Sodium.</i>				<i>757 Cals; Carbs 90 gm; 695 mg Sodium.</i>		<i>733 Cals; Carbs 80 gm; 566 mg Sodium</i>								
10	Broccoli Cheese Chicken Rice Pilaf Mixed Root Vegetables Hawaiian Roll Mixed Fruit	410 50 65 80 5	11	Lentil Soup Lemon Fish Pasta Wheat Roll Cookie		12	*Corned Beef & Cabbage Boiled Potatoes Carrots Oatmeal Roll Brownie	745 133 56 260 125	13	Pollo Guisada (Chicken Stew) Rice and Beans Side Salad Wheat Roll Fruit		14		
<i>736 Cals; Carbs 86 gm; 745 mg Sodium</i>				<i>934Cals;Carbs 113gm;1454 High Sodium</i>										
17	Pork Cacciatore Pasta Green Peas Wheat Bread Cookie	186 4 20 65 150	18	Nutrition Lunch & Learn Grilled Chicken Sandwich Sweet Potato Fries Greek Salad Wheat Bread Fruit		19	Tuscan Chicken Orzo Broccoli Hawaiian Roll Pear	255 4 29 80 1	20	Beef Stew Rice Peppers and Onion Wheat Roll Cookie		21		
<i>833 Cals; Carbs 99 gm; 560 mg Sodium</i>				<i>762 Cals; Carbs 89 gm; 504 mg Sodium</i>										
24	Pork Chop Apple Chutney Orzo Butternut Squash Hawaiian Roll Applesauce	85 2 29 80 2	25	Italian Wedding Soup with Meatballs Butter Toast Kale Cake		26	Teriyaki Salmon White Rice Garlic Spinach Dinner Roll Banana	456 25 113 100 1	27	Noodles with Beijing Style Minced Pork Sauce Cucumber and Bean Sprout Spring Roll Fruit		28		
<i>738 Cals; Carbs 89 gm; 333 mg Sodium</i>				<i>808 Cals; Carbs 113 gm; 830 mg Sodium</i>										
31	Beef Stew Cornbread Green Beans & Red Peppers Cinnamon Apples Slices	140 180 20 3			<p>Help us celebrate nutrition month on March 18, 11am for a nutrition lunch and learn playing Food Safety Bingo.</p>				<p>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.</p>					
<i>713 Cals; Carbs 71 gm; 478 mg Sodium</i>														

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! MARCH 2025

Happy Nutrition Month! Food Safety Storage Tips



Happy Nutrition Month!

Part of eating healthier includes keeping food safe to eat. Here are some Food Safety Storage Tips

(source: nutritioncaremanual.com)

Foodborne illnesses or food poisoning can affect anyone at any age, but as we get older, we are at increased risk. This is due to reasons such as side effects of medications, weakened immune system due to chronic diseases like diabetes, cancer treatment, malnutrition, less stomach acid produced, slower motility of food in the digestive tract, changes in kidney and liver function, as well taste and smell changes. Maintaining and storing food at proper temperatures and time length can help minimize the risk of foodborne illnesses:

Storing Food

High-risk groups should be aware of how long foods will keep in the refrigerator:

- Eggs: 7 to 14 days
- Raw fish and seafood: 1 to 2 days
- Raw fruits and vegetables: 7 days
- Leftovers: 3 to 4 days
- Raw meat: 2 to 3 days
- Luncheon meat: 4 to 7 days
- Milk: 5 days
- Raw chicken and turkey: 2 to 3 days



Meal Heating Instructions

- **Do NOT use the toaster oven to reheat home delivered meals.**
- Keep meals in the 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 they reach an internal temperature of 165F.
- Do not leave out in room temperature for more than 2 hours.
- Consume or discard a 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 from 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

Other Food Storage Tips

- Raw foods should be stored in a separate bin on the bottom shelf below cooked foods.
- Seafood, meat, chicken, and turkey should be stored in the coldest part of the refrigerator. The coldest part is usually at the back of the bottom shelf or the bottom bin.
- A carton of eggs needs to be placed directly into the refrigerator and kept in the original carton, they will last longer. Also, eggs should not be washed before storing.
- Fresh fruits and vegetables should be washed with water then put in the refrigerator.
- Canned goods should be stored in a cool, dry place, not in cabinets that are under the sink or that have water, drain, or heating pipes passing through them.
- Food that has mold on it should be thrown away. Cutting off the mold will not remove all the harmful germs.
- Care should be taken not to overfill the refrigerator and freezer. It decreases the unit's overall ability to keep food cool.
- Maintain your refrigerator at a safe, cold temperature of 40F or lower.
- Refrigerate prepared perishable foods within 2 hours if to be used for leftovers.