


APRIL 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
	1 Beef Stir Fry Yuca Fries Caesar Salad Wheat Bread Fruit	2 Creamy Balsamic Chicken 155 Rice Pilaf 50 Mixed Vegetables 51 Dinner Roll 100 Cookie 80 898 Cals; Carbs 104 gm; 571 mg Sodium	3 Roast Turkey & Gravy 400 Mashed Potatoes 22 Broccoli 29 Oatmeal Roll 260 Pudding 130 694 Cals; Carbs 80 gm; 976 mg Sodium	4
7 Pulled Pork 404 Brown Rice 25 Black Beans, Corn & Peppers 61 Mini Tortilla 270 Orange 0 788 Cals; Carbs 105 gm; 895 mg Sodium	8 Meatloaf & Gravy 545 Mashed Potatoes 85 Spinach & Red Peppers 65 Wheat Roll 150 Pudding 130 625 Cals ;Carbs 81 gm; 745 mg Sodium	9 Shrimp Scampi 450 Whole Grain Pasta 4 Carrots 56 Dinner Roll 100 Fruit 0 690 Cals; Carbs 72 gm; 1110 mg Sodium	10 Roasted Chicken Pasta Primavera Broccoli Garlic Roll Cookies	11
14 Braised Beef & Vegetables 155 Polenta 4 Brussel Sprouts 26 Oatmeal Roll 260 Peach cup 5 653 Cals; Carbs 82 gm; 585 mg Sodium	15 Cheese Lasagna with 390 Turkey Bolognese 190 Carrots 56 Dinner Roll 100 Banana 1 803 Cals; Carbs 96 gm; 872 mg Sodium	16 Honey Mustard Chicken 262 White Rice 25 Broccoli 38 Wheat Bread 65 Pudding 135 824 Cals; Carbs 96 gm; 660 mg Sodium	17 Tuscan White Bean Soup With Fish Asparagus Cornbread Cake	18
21 Patriot's Day Holiday No Lunch	22 Shepherd's Pie 313 Mixed Vegetables 51 Dinner Roll 100 Cinnamon Apples 3 771 Cals; Carbs 84 gm; 602 mg Sodium	23 Italian Sausage Abruzzi 650 Bowtie Pasta 4 Brussel Sprouts 26 Wheat Roll 150 Pear Cup 0 729 Cals; Carbs 80 gm; 965 mg Sodium	24 Burmese Saucy Spice Beef Potatoes Broccoli Wheat Roll Cookie	25
28 Cheeseburger 365 Potato Wedge 20 Green Beans & Red Peppers 20 Hamburger Bun 80 Fruit 0 811 Cals; Carbs 90 gm; 705 mg Sodium	29 Grilled Shrimp Pasta Alla Norma Salad Wheat Roll Cookie	30 BBQ Chicken 383 Baked Beans 140 Carrots 56 Cornbread 180 Banana 1 831 Cals; Carbs 115 gm; 895 mg Sodium	Cooking on site days: April 1, 10, 17, 24, 29	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.

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! APRIL 2025

Spring Seasonal Produce



Seasonal produce is often more affordable and richer in vitamins, minerals, and antioxidants! Here are some spring seasonal fruits & vegetables to try:

- **Berries** - Rich in antioxidants, vitamin C, and fiber, berries help fight inflammation, boost immunity, and aid digestion. Enjoy them in a yogurt parfait.
- **Apricots** - These delicious fruits are packed with vitamin A, vitamin C, fiber, and potassium to support vision and immune health. Try dried apricots paired with nuts for a satisfying snack.
- **Pears** - High in vitamin C, fiber, and copper, pears promote digestive health and energy production. Try slicing them into your favorite salad.
- **Asparagus** - Loaded with vitamins A, C, K, and folate, asparagus offers anti-inflammatory benefits and supports cardiovascular health. Try roasting them with some olive oil and parmesan cheese.
- **Carrots** - Rich in beta-carotene, vitamins A and K, and potassium, carrots provide hydration, antioxidant support, and potential anti-cancer benefits. Enjoy them as a snack with hummus.
- **Leafy Greens** - Seasonal greens like lettuce, arugula, and chard are key for heart health and may help prevent cognitive decline. Add them to pasta dishes or blend into smoothies for a nutritious boost.

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

Source: <https://www.wesleylife.org/blog/fresh-spring-nutrition-tips-for-seniors>