

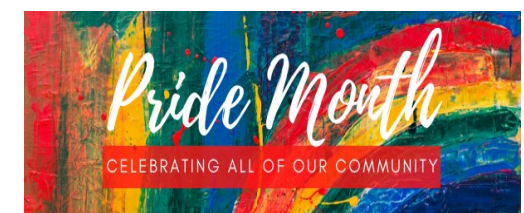


MONDAY	sodium mg	TUESDAY	sodium mg	WEDNESDAY	sodium mg	THURSDAY	sodium mg	FRIDAY	sodium mg
2 Potato Pollock 330 Roasted Potatoes 85 Kale & Peppers 29 Hawaiian Roll 80 Fruit Cup 5 <i>620 Cals; Carbs 75 gm; 777 mg Sodium</i>		3 Sancocho (Puerto Rican Mixed Meat Stew) Brown Rice Sauteed Mushroom Dinner roll/Fruit		4 Creamy Balsamic Chicken 154 Rice Pilaf 49 Green Beans & Red Peppers 20 Dinner Roll 100 Chocolate Chip Cookie 80 <i>872 Cals; Carbs 100 gm; 538 mg Sodium</i>		5 Seekh Kebab Pita Bread Salad Dinner Roll Cake		6	
9 American Chop Suey 270 Whole Grain Pasta 4 Vegetable Medley 54 Wheat Bread 65 Applesauce 2 <i>744 Cals; Carbs 86 gm; 530 mg Sodium</i>		10 Chicken Caesar Wrap Potato Salad Roasted Vegetables Fruit		11 Shrimp Scampi 450 Whole Grain Pasta 4 Broccoli 38 Dinner Roll 100 Blueberry Bread 250 <i>720 Cals; Carbs 90 gm; 727 mg Sodium</i>		12 Father's Day Special Smash Burgers Mexican Corn House Salad Fruit		13 	
16 *BBQ Chicken Strips 555 Roasted Sweet Potatoes 21 Brussel Sprouts 26 Cornbread Loaf 180 Orange 0 <i>652 Cals; Carbs 93 gm; 917 mg Sodium</i>		17 Manicotti Marinara Russian Salad Green Beans Toast Cake		18 Summer Special Crispy Chicken 185 Black Eyed Peas 141 Collards, Corn & Peppers 40 Cornbread Loaf 180 Banana Bread 240 <i>1115 Cals; Carbs 130 gm; 921 mg Sodium</i>		19 Juneteenth Holiday No Meal Delivery 		20	
23 Swedish Meatballs 370 Egg Noodles 7 Green Peas 20 Wheat Roll 150 Pear Fruit Cup 0 <i>756 Cals; Carbs 101 gm; 682 mg Sodium</i>		24 BBQ Pork Ribs Mac and Cheese Collard Greens Biscuit Cookie		25 Cheeseburger 368 Potato Wedges 20 Green Beans 20 Wheat Hamburger Bun 80 Banana 1 <i>811 Cals; Carbs 90 gm; 709 mg Sodium</i>		26 Chicken Stir Fry Rice Roasted Cauliflower Dinner Roll Fruit		27	
30 Cheese Lasagna 390 Turkey Bolognese 190 Brussel Sprouts 26 Hawaiian Roll 80 Applesauce 2 <i>742 Cals; Carbs 80 gm; 823 mg Sodium</i>				Lunch Reservation System: Starting May 5 lunch reservations will be required. You may reserve lunch by calling 617-349-6047, or at the Front Desk. Reservations should be made one week in advance. Lunch is served Monday-Thursday, 11:30am -12:15pm. Lunch reservations will only be held until 12:05pm on the day you reserved lunch. A cold sandwich meal will be available for those without a reservation. A vegetarian meal option is available upon request. Cooking on site days in June are bolded					

Meals are for participants 60 years or older, their spouses and dependent with disabilities are welcome. A confidential, voluntary donation of \$3.00 per meal is suggested.

Menu subject to change



Nutrition Tips for Healthy Living! JUNE 2025

Easy Ways to Enhance Your Meals

In need of help with technology?

The Technology Access Program (from the Somerville-Cambridge Elder Services) offers home visits for one-on-one help for older adults (60+) to help solve technology problems. They work with computers, tablets, phones, TVs, and printers. They will also explore low-cost internet options if you are not connected to wi-fi, teach you how to use your phone, and answer any questions you have about your devices.

Call SCES (617-628-2601 x1007) to schedule a convenient time for all your technological help.

The Meals on Wheels program provides nutritious and delicious meals each day, but there are simple ways to make them even more enjoyable. Here are some fun and easy tips you can try at home:

Try heating meals in a Conventional Kitchen Oven

If you're able, heating your meal in a conventional kitchen oven instead of the microwave can help improve the texture and flavor. Make sure to follow the meal heating instructions to the left. Do NOT use a toaster oven to heat home delivered meals.

Set The Table

Taking a moment to set the table can turn an ordinary meal into a more enjoyable experience. Use your favorite placemat, napkin, or even a nice glass.

Plate It Up

Instead of eating straight from the package, try serving your meal on a plate or in a bowl. This simple step can make your meal look more appealing and feel more like a home-cooked experience.

Add Flavor Without Adding Salt

Enhance your meals with herbs and spices such as garlic powder, black pepper, paprika, or a splash of lemon juice. These are great ways to add flavor without adding extra sodium.

Garnish with Something Fun

Try a spoonful of salsa, chopped fresh herbs, a dollop of plain yogurt, or a sprinkle of low-sodium cheese to enhance both the taste and appearance of your meal. Enjoy!



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