




MONDAYsodium mg			TUESDAYsodium mg			WEDNESDAYsodium mg			THURSDAYsodium mg			FRIDAYsodium mg		
1	Broccoli Cheddar Chicken	410	2	Braised Beef Vegetables	75	3	Pulled Pork Tacos	550	4	Chicken Pot Pie	215	5		
	Rice Pilaf	50		Mashed Potatoes	23		Cilantro Lime Rice	67		Whole Grain Biscuit	370			
	Mixed Root Vegetables	65		Vegetable Medley	54		Black Beans, Corn &	61		Broccoli	38			
	Cornbread Loaf	180		Wheat Bread	65		Peppers	135		Applesauce	2			
	Pear	2		Chocolate Pudding	135		Tortilla Wrap	0						
880 Cals; Carbs 114 gm; 842 mg Sodium			830 Cals; Carbs 90 gm; 487 mg Sodium			680 Cals; Carbs 91 gm; 948 mg Sodium								
8	Maple-Bacon Chicken	220	9	In-House Made		10	Creamy Cajun Salmon	225	11	BBQ Chicken	357	12		
	Butternut Squash	12		Roasted Chicken			Whole Grain Pasta	4		Baked Beans	140			
	Green Peas	20		Leg & Thigh			Green Beans & Red Peppers	20		Broccoli	38			
	Hawaiian Roll	80		Cut Corn			Wheat Bread	65		Cornbread Loaf	180			
	Banana	1		Rice with Vegetables			Peach Cup	5		Chocolate Chip Cookie	80			
898 Cals; Carbs 124 gm; 468 mg Sodium						770 Cals; Carbs 84 gm; 454 mg Sodium								
15	Cheese Ravioli	200	16	In-House Made		17	Chicken Casserole	555	18	Maple Glazed	690	19		
	Turkey Bolognese Parmesan	290		Ground Beef with			With Cheese and Rice	-		Honey Ham				
	California Blend Vegetables	34		Tomato Sauce			Green Peas	20		Roasted Potatoes	85			
	Wheat Bread	65		Over Spaghetti			Dinner Roll	100		Carrots	56			
	Orange	0		House Salad			Pear Fruit Cup	0		Dinner Roll	100			
788 Cals; Carbs 90 gm; 724 mg Sodium						935 Cals; Carbs 95 gm; 810 mg Sodium								
22	Teriyaki Shrimp	560	23	Stewed Tomato Chicken	175	24	Center Closed		25	Christmas Holiday		26		
	White Rice	25		Rice Pilaf	50					Center Closed				
	Edamame, Corn, Peppers	22		Brussel Sprouts	26									
	Cornbread Loaf	180		Wheat Roll	150									
	Banana	1		Oatmeal Cookie	90									
795 Cals; Carbs 115 gm; 923 mg Sodium			694 Cals; Carbs 75 gm; 626 mg Sodium											
29	Chicken Anna Maria	468	30	American Chop Suey	220	31	Homemade Fried Chicken	185	Reservations are required, one week in advance, by calling 617-349-6047, or at the Front Desk. Lunch is served Monday-Thursday, 11:30am -12:15pm. Vegetarian option available upon request. Meals highlighted in green are prepared on site. Other days are catered by City Fresh Foods					
	Roasted Potatoes	85		Vegetable Medley	54		Black Eyed Peas	141						
	Green Peas	20		Wheat Bread	65		Beets & Greens	118						
	Wheat Roll	150		Cinnamon Fresh Apples	3		Cornbread	180						
	Peach Cup	5					Pound Cake	240						
647 Cals; Carbs 75 gm; 863 mg Sodium			733 Cals; Carbs 83 gm; 481 mg Sodium			1030 Cals; Carbs 115gm; 999mg Sodium								

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! DECEMBER 2025

Winter Wellness Nutrition Tips

Winter Wellness Nutrition Tips

This time of the year brings challenges to eating and keeping well, for example with the cold winter weather, access to food, cold and flu season, and financial hardships. These obstacles can make it harder to eat healthier, have access to food, and maintain a strong immune system.

Meal Heating Instructions

Do NOT use the toaster oven to reheat home delivered meals.

Keep meals in the refrigerator until ready to eat.
Do not leave out in room temperature for more than 2 hours.
Consume or discard a refrigerated meal within 48/hrs.

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.

Menu Nutrition Guidelines:

Meals provide one-third the daily recommended intake for older adults.

- Regular diet, no added salt (NAS).
- Calories range from 700-800 calories/meal.
- Total fat no more than 30%/Cals.
- Average sodium per meal 700-900mg for whole meal including side components.
- Entrée over 500mg sodium marked with asterisk (*).
- Sodium totals include milk (105mg), margarine (30mg).

For menu options and nutrition information visit www.eldercare.org

Purchase Ensure® from SCES

Ensure® \$30.70/case of 24 drinks
Ensure® Plus \$31.00/case of 24
Glucerna Diabetic \$40.00/case of 24
Flavor Options: Vanilla, Chocolate
Delivery or pick up options are available. Call Community Support Services at 617-628-2601.

Here are some tips to help support health during the winter months and all year round:



- Eat meals at regular times during the day, try not to skip meals.
- Plan balanced meals to include 3-4 food groups, such as protein, vegetables, grain, and fruit, this will provide a variety of nutrients your body needs.
- Fill half your plate with vegetables or vegetable-based soups that can be nutritious, filling, and hydrating.
- Frozen vegetables are a great choice, especially in the winter with less seasonal options and prices increase.
- Seasonal winter fruits to try, pomegranates, cranberries, citrus fruits, grapes, which are also rich in vitamin C to help boost immune system.
- Enjoy whole grains and “high quality” carbohydrates like sweet potatoes, yams, pumpkin, butternut squash, and yucca!
- If eating extra calories because of boredom, try waiting 10-20 minutes for the craving to pass, or having a glass of water. Sometimes hunger can be a sign of thirst, especially if meals are just recently consumed.
- Consider calorie intake from beverages, these count too, such as juice, soda, high calorie coffee drinks and lattes. These offer empty calories, and very little nutrients. Try seltzer water, water with lemon wedges, or a just splash of juice, or green tea.
- Keeping physically active, even if indoors walking the halls, or around the house, if able too, is important to support a healthy immune system.
- Nothing like a hearty bowl of soup to warm you up these winter months. You can be as creative as you like with soups, add items you have available that need to be used up, fresh, or frozen vegetables, beans, leftover chicken, low sodium soup base, and seasonings.

Source: todaysdietitian.com/newarchives/011209p48.shtml