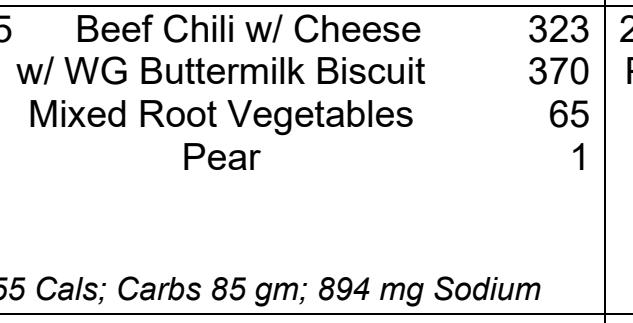


**SCES, 61 Medford St, Somerville, 617-628-2601, [www.eldercare.org](http://www.eldercare.org). Suggested, voluntary donation of \$3.00 per meal.**

MONDAY	sodium mg	TUESDAY	sodium mg	WEDNESDAY	sodium mg	THURSDAY	sodium mg	FRIDAY	sodium mg
2	Chicken Marsala Orzo Carrots Whole Grain Cornbread Loaf Peach Cup	294 4 56 180 5	3 Braised Beef and Veg Mashed Potatoes Vegetable Medley Wheat Bread Chocolate pudding	75 23 54 65 135	4 Pulled Pork Cilantro Lime Rice Black Beans, Corn, & Peppers Tortilla Wrap Orange	550 67 61 135 0	5 Chicken Pot Pie w/ WG Buttermilk Biscuit Broccoli Fig Newton	215 370 38 180	6
	719 Cals; Carbs 91 gm; 674 mg Sodium		832 Cals; Carbs 91 gm; 487 mg Sodium		680 Cals; Carbs 90 gm; 948 mg Sodium		915 Cals; Carbs 102 gm; 938 mg Sodium		
9	Maple-Bacon Chicken Butternut Squash Green beans & Red Peppers Hawaiian Roll Orange	162 12 30 80 1	10 <u>Cooked on-site day</u> Chicken Noodle Soup Steak & Cheese Sandwich Side Salad Cookies		11 American Chop Suey (Tur) Whole Grain Pasta Broccoli Wheat Bread Fruit Cup	225 4 38 65 5	12 Chicken Scampi Whole Grain Pasta Green Peas Wheat Roll Banana	172 4 20 150 1	13
	780 Cals; Carbs 101 gm; 420 mg Sodium				761 Cals; Carbs 93 gm; 472 mg Sodium		805 Cals; Carbs 98 gm; 482 mg Sodium		
16	<u>Holiday – No Lunch</u>		17 Shepherd's Pie w/Mashed Pot, Corn, Peas Green Beans Cornbread Loaf Peach Fruit Cup	295 - 20 180 5	18 Egg/Cheese Broccoli Bake w/ WG Buttermilk Biscuit Mixed Vegetables Pound Cake	315 370 51 240	19 <u>Cooked on-site day</u> Pork Chow Mein Egg Roll Yuca/ Corn on the Cob Peaches		20
					782 Cals; Carbs 76 gm; 1111 mg Sodium		705 Cals; Carbs 89 gm; 905 Sodium		
23	Beef Stroganoff Egg Noodles Brussel Sprouts Wheat Roll Cinnamon Apples	201 7 26 150 3	24 Stewed Tomato Chicken Rice Pilaf Kale & Red Peppers Wheat Roll Vanilla Pudding	175 50 29 150 130	25 Beef Chili w/ Cheese w/ WG Buttermilk Biscuit Mixed Root Vegetables Pear	323 370 65 1	26 <u>Cooked on-site day</u> Pasta with Bolognese Sauce Garden Salad Garlic Bread Cookie		27
	752 Cals; Carbs 73 gm; 522 mg Sodium		713 Cals; Carbs 77 gm; 669 mg Sodium		755 Cals; Carbs 85 gm; 894 mg Sodium				
							<b>Reservations are required, one week in advance, by calling 617-349-6047, or at the Front Desk. Lunch is offered Monday-Thursday, 11:30am -12:15pm. Vegetarian option available upon request. Meals not cooked on-site are catered by City Fresh Foods.</b>		

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! FEBRUARY 2026

## February - National Snack Month

### February is National Snack Month!

Most people include one to two snacks per day. Including snacks that are nutrient-rich, full of fiber and protein may help boost energy, curb appetite until next meal, help provide needed nutrients throughout the day, and especially beneficial if one is experiencing poor appetite, reduced food intake or a need to increase weight.

Source: <https://nutritionsource.hspph.harvard.edu/snacking/>

### 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](http://www.eldercare.org)

### Purchase Ensure® from SCES.

Ensure® \$30.70/case of 24 drinks

Ensure® Plus \$34.00/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.

Finding healthy snack options, however, can be challenging. Snack choices tend to be very processed, high in sodium, added sugar and saturated and trans fats. Looks for ones that include fruits, vegetables, whole grains, and protein.



Healthier snack options:

1. Handful of nuts
2. Trail mix made with whole grain cereal, nuts, and dried fruit (1/4 cup/serving)
3. Pepper slices to dip in guacamole
4. Greek yogurt with granola, oats, and/or mixed berries
5. Apple slices, carrots, or celery dipped in peanut butter or other nut/seed butter
6. Cottage or ricotta cheese topped with fresh fruit
7. Dark chocolate with almonds
8. Cucumber, carrot sticks, or whole grain pita chips dipped in hummus
9. Piece of fruit for a naturally sweet treat
10. Cherry tomatoes with fresh mozzarella and basil, drizzle with olive oil
11. Hard-boiled eggs to eat as is or add to a salad
12. Air-popped popcorn topped with dried herbs or Parmesan Cheese.
13. Fruit smoothie made with yogurt, fruit and milk or milk alternative.
14. Mashed avocado and salsa with whole grain tortilla chips
15. Top graham crackers with nut or seed butter, or dipped in vanilla yogurt
16. Make a veggie pizza with whole grain English muffin, topped with tomato sauce, vegetables, and mozzarella cheese.
17. Instant oatmeal prepared with milk, topped with 1 TB maple syrup, cinnamon, add nuts or dried fruit for added fiber and protein.
18. Rice cakes topped with cream cheese and fruit or nut butter and banana
19. Whole wheat crackers (6-8) and cheese
20. Roasted chickpeas (garbanzo beans) topped with herbs and seasonings

Sources: <https://www.nationaldaycalendar.com/february/national-snack-food-month-february/>; Smart-Snacking Tips for Adults and Teens ([eatright.org](http://eatright.org))