



# MARCH 2026 Cambridge Senior Center, 806 Mass Ave



SCES, 61 Medford St, Somerville, 617-628-2601, [www.eldercare.org](http://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	
2) Meatloaf w/Gravy	546	3) Tuscan Chicken	403	4) Roast Turkey & Gravy	580	5) Torta di Polenta (Pork	487	6)	
Garlic Mashed Potatoes	23	w/ Orzo	4	Mashed Potatoes	23	Sausage & Beef with	-		
Carrots	56	California Blend Vegetables	34	Green Peas	30	Polenta & Cheese)	-		
Wheat Bread	65	Wheat Roll	150	Wheat Roll	150	Kale & Peppers	29		
Orange	0	Apple	2	Pear Fruit Cup	0	Cornbread Loaf	180		
						Vanilla Pudding	130		
716 Cals; Carbs 83 gm; 825 mg Sodium		716 Cals; Carbs 83 gm; 825 mg Sodium		617 Cals; Carbs 82 gm; 908 mg Sodium		936 Cals; Carbs 85 gm; 961 mg Sodium			
9) <b>On Site Cooking Day</b>		10) Beef w/Onions &	133	11) <b>On Site Cooking Day</b>	262	12) Pot Roast w/Gravy	587	13)	
Chicken Soup		Peppers		American Chop Suey	12	Mashed Potatoes	23		
Hot Dog on a Bun		White Rice	25	Tossed Garden Salad	54	Brussel Sprouts	26		
Orzo Salad		Broccoli	38	Garlic Bread	100	Hawaiian Roll	80		
Fruit		Dinner Roll	100	Blueberry Crisp	2	Chocolate Pudding	135		
		Cinnamon Apples	3						
		786 Cals; Carbs 80 gm; 434 mg Sodium		786 Cals; Carbs 106gm; 565mg Sodium		627 Cals; Carbs 77 gm; 986 mg Sodium			
16) Herb Crusted Fish	346	17) Cheese Ravioli	200	<b>Holiday Meal: High Sodium Meal</b>		19) Stewed Tomato Chicken	213	20)	
w/Lemon	-	w/ Turkey Bolognese &	121	18) Corned Beef & Cabbage	755	White Rice	25		
Rice Pilaf	50	Parmesan		Boiled Potatoes	133	Vegetable Medley	54		
Broccoli	38	Brussel Sprouts	26	Carrots	561	Whole Grain Cornbread Loaf	180		
Pound Cake	240	Wheat Bread	65	Wheat Roll	50	Orange	0		
Wheat Roll	150	Vanilla Pudding	130	Shamrock Cookie	65				
841 Cals; Carbs 106gm; 959mg Sodium		741 Cals; Carbs 92 gm; 677 mg Sodium		614 Cals; Carbs 68 gm; 1264mg Sodium		839 Cals; Carbs 96 gm; 607 Sodium			
23) Honey Glazed Salmon	83	24) Creamy Turkey/Spinach	492	25) Beef Stew	140	26) Broccoli Cheddar Stuffed	410	27)	
Roasted Sweet Potatoes	85	Casserole w/Orzo	4	w/ Whole Grain Buttermilk	370	Chicken			
California Blend Vegetables	43	Green Peas w/ Red	72	Biscuit	-	Rice Pilaf	50		
Wheat Roll	150	Peppers		Broccoli	38	Mixed Root Vegetables	65		
Pear Cup	0	Cornbread Loaf	180	Chocolate Pudding	135	Wheat Roll	152		
		Oatmeal Cookie	90			Apple	2		
710 Cals; Carbs 89 gm; 487 mg Sodium		877 Cals; Carbs 92 gm; 973 mg Sodium		767 Cals; Carbs 73 gm; 818 mg Sodium		768 Cals; Carbs 96 gm; 812 mg Sodium			
30) Cheese Lasagna	390	31) Shepherd's Pie	294			<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>			
w/ Marinara Sauce &	315	w/ Mashed Potatoes, Corn &	-						
Mozzarella	-	Peas	-						
Mixed Vegetables	51	Green Beans	20						
Dinner Roll	100	Whole Grain Biscuit	370						
Orange	0	Cinnamon Apples	3						
701 Cals; Carbs 94 gm; 991 mg Sodium		862 Cals; Carbs 75 gm; 822 mg 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! MARCH 2026

## March, Celebrate Nutrition Month



### Join SCES and the Councils on Aging Celebrating March, Nutrition Month

Kindly join us for a nutritious hot lunch and learn discussion on

## Food as Medicine Jeopardy

**Somerville Council on Aging - March 19, 11:30 a.m.**  
Holland Street Senior Center, 167 Holland St., Somerville  
lunch served at 12:00 p.m., to make a reservation call  
617-625-6600, ext. 2321 by 10 a.m. the previous business day

**Cambridge Council on Aging - March 31, 10:00 a.m.**  
Cambridge Senior Center, 806 Mass. Ave., Cambridge  
lunch served at 11:30 a.m., to make a reservation call  
617-349-6047 or the Front Desk by March 25.

**Meet our dedicated SCES Nutrition Staff**  
**Learn about our meal options and other available nutrition services**

#### 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)

#### Ensure® Nutrition Drink from SCES

If interested in learning more about our Ensure® Program, please contact your case manager for more information, if you are assigned one, if not please call Community Support Services at SCES at 617-628-2601.