



JULY 2024 Cambridge Senior Center Menu

SCES Nutrition Department 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 Stroganoff Egg Noodles Brussel Sprouts Wheat Bread Fruit	180 5 23 65 0	2	Caprese Pasta with Salami (pork and beef) Sauteed Mushrooms Garlic Bread Fruit		3	BBQ Chicken Potato Wedges Zucchini Hamburger Bun Banana Cake	385 25 9 80 260	4	Holiday No Lunch 	5
<i>Cals: 684; Carb:80gm; Sod:428mg</i>				<i>Cals:850; Carb116gm; Sod:999mg</i>							
8	Cheese Ravioli Marinara & Mozzarella Broccoli Breadstick Cinnamon Apples	360 315 6 260 10	9	Baked Cod Asparagus Polenta Cake		10	Teriyaki Beef White Rice Mixed Vegetables Dinner Roll Fruit	415 25 24 250 0	11	Sweet Thai Chili Chicken Yakisoba Noodles Slaw Vegetables Hawaiian Roll Pound Cake & Berries	12
<i>Cals:708; Carb: 90gm; Sod:1106</i>				<i>Cals:788; Carb: 95gm; Sod:869</i>				<i>Cals: 750;Carb:99gm; Sod.995mg</i>			
15	*Hot Dog Baked Beans Carrots Hot Dog Roll Fruit	540 140 30 85 0	16	Hawaii style Loco Moco Broccoli Rice Cookies		17	Herb Crust Fish/Tartar Mashed Potatoes Green Peas Wheat Roll Fruit	330/85 160 6 135 0	18	Thai Curry Beef White Rice Brussel Sprouts Wheat Bread Fruit	205 25 23 65 0
<i>Cals:890; Carb:110 gm; Sod:1035</i>				<i>Cals:707; Carb: 94gm; Sod:716mg</i>				<i>Cal: 785;Carb:90gm; Sodium:473mg</i>			
22	*BBQ Pulled Pork Cheesy Grits California Mix Vegetables Cornbread Fruit	610 116 46 180 0	23	Pad Gaprao -Thai Basil Chicken Stir Fry Rice Green Beans Fruit		24	Cheeseburger Potato Wedges Carrots Hamburger Bun Fruit	300 25 30 80 0	25	American Chop Suey Mixed Vegetables Dinner Roll Cinnamon Apples	300 24 250 10
<i>Cals:767; Carb: 96gm; Sod:1107mg</i>				<i>Cals:767; Carb:80gm; Sod:891mg</i>				<i>Cals:675; Carb:85gm; Sod.: 739mg</i>			
29	Cold Plate Special Honey Mustard Chicken Salad Potato Salad Tomato Zucchini Salad Hamburger Bun Ambrosia Fruit Salad	225 185 10 80 1	30	Pastel Azteca w/Beef Cole Slaw Tortilla Churros		31	Pork with Peach Sauce Rice Pilaf Broccoli Wheat Bread Fruit	85 55 6 65 0			
<i>Cals:740; Carb: 85gm; Sod:630mg</i>				<i>Cals:735; Carb: 95gm; Sod:366mg</i>							

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! July 2024 Farmers Market Coupons Coming in July!

2024 Farmers Market Coupons for Older Adults

The Somerville-Cambridge Elder Services (SCES) Nutrition program is distributing free farmers' market coupons for eligible older adults in July. Available through the Massachusetts Department of Agriculture. Eligible participants will receive a coupon booklet worth \$50 to use to purchase fresh fruits and vegetables at area farmers' markets.

Coupon booklets are limited to one per person, while supplies last.

To be eligible for farmers market coupons:

Applicants must be Cambridge or Somerville residents who are age 60 or older or disabled under 60 living in elderly housing with a congregate meal program. They must also meet the following income eligibility:

- Household of 1 - \$1,985
- Household of 2 - \$2,694
- Household of 3 - \$3,385
- Household of 4- \$4,085
- Income is self-declared, do not bring proof of income



Coupons are available on the following dates and various locations:

July 15, 9:30am-1:30pm and July 16, 11:00am-3:00pm at SCES, 61 Medford Street, 3rd floor, Somerville; sign up required, call 617-628-2601, during business hours Mon-Fri, 9am-5pm.

July 18, 9:30-12:30 – Somerville Senior Center, 167 Holland Street, Somerville; first come, first serve

July 19, 9:00-11:30 at Cambridge Senior Center, 806 Mass Ave in Cambridge; first come, first serve

July 19, 1:00-3:00 at North Cambridge Senior Center, 2050 Mass Ave in Cambridge; first come, first serve

Coupon booklets are limited to one per person, while supplies last. Booklets must be picked up in person. Identification with proof of address and date of birth is required to receive the coupons. To sign up for the SCES coupon distribution call 617-628-2601 and ask to speak with John B. during business hours Mon-Fri, 9am-5pm. If the resident cannot come in person, they can send someone with a proxy form. Contact the SCES Nutrition Department for more information on this.

If homebound and unable to go to farmers market, there is a one-time delivery of a bag of fresh produce in August from a local farmer that can be delivered to your home, instead of coupons, you may only do one or the other. Call by July 26th at 617-628-2601 to be added to the list.

SCES is an equal opportunity provider. Call SCES Nutrition Dept for more information 617-628-2601

Nutrition Guidelines for Menu:

Meals provide 1/3 the daily recommended dietary allowance.

- Regular, no added salt (NAS) menu.
- Calories range 700-800 calories per meal.
- Total fat content no more than 30%/Cals.
- Total Calories and Sodium for each meal is provided on menu.
- Meals are "No Added Salt" regular menus.
- Meals do not exceed 1200mg sodium per meal, unless noted.
- Entrée over 500mg sodium marked with asterisk (*), high sodium meals marked.
- Sodium totals include milk, crackers, and condiments where applicable.

- **For menus and more nutrition services visit www.eldercare.org**

Purchase Ensure® nutrition drink from SCES

Ensure® \$29.00/case of 24
Ensure® Plus \$31.00/case of 24
Glucerna® Diabetic \$40.00/24

Flavor Choices:
Strawberry, Vanilla, Chocolate

Call Community Service Center at
617-628-2601
Delivery options available.

