

# DECEMBER 2024

**Cambridge Senior Center, 806 Mass Ave**

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											
<b>2</b>	*Cheese Lasagna Green Beans w/Red Peppers Hawaiian Roll Fruit	705 20 80 0		<b>3</b>	*Meat Loaf w/Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Shortbread Cookie	546 124 51 65 150		<b>4</b>	Pulled Pork Tacos Mexican Rice Black Beans, Corn & Peppers Mini Tortillas Fruit	319 71 61 270 0		<b>5</b>	Chicken Anna Maria Roasted Potatoes Spinach & Peppers Wheat Bread Pudding	270 85 65 65 130		<b>6</b>			
<i>Cals:644; Carb:81gm; Sod.: 940mg</i>				<i>Cals:842; Carb:99gm; Sod.: 1071mg</i>				<i>Cals:760; Carb:114gm; Sod.: 856mg</i>				<i>Cals:791; Carb:82gm; Sod.: 750mg</i>							
<b>9</b>	Beef w/ Peppers & onions Mashed Potatoes Carrots Dinner Roll Fruit	155 124 56 150 0		<b>10</b>	<b>Lei's Menu</b> Nasi Goreng Ayam- Fried Rice with Chicken Cucumber and Tomato Wheat Roll Cookie			<b>11</b>	*Meatball Marinara & Parm Whole Grain Pasta Brussel Sprouts & Carrots Garlic Bread Fruit	635 4 41 235 0		<b>12</b>	Turkey Chili with Sweet Potatoes & Cheese California Blend Vegetables Whole Grain Cornbread Fruit	372 96 54 180 0		<b>13</b>			
<i>Cals:675; Carb:89gm; Sod.: 620mg</i>								<i>Cals:737; Carb:92gm; Sod: 1050mg</i>				<i>Cals:864; Carb:92gm; Sod.: 837mg</i>							
<b>16</b>	Hawaiian Chicken w/Pineapples Sweet Rice Carrots Wheat Bread/Fruit	238  38 56 65		<b>17</b>	Potato Pollock Vegetable Rice Pilaf Green Peas Wheat Roll Pudding	290 50 20 150 130		<b>18</b>	Stuffed Shells with Turkey Bolognese & Parmesan Mixed Vegetables Wheat Roll Mixed Fruit	230 309 56 150 0		<b>19</b>	*Pineapple Raisin Ham Mashed Sweet Potatoes Broccoli Wheat Roll Cinnamon Swirl	754 141 29 150 105		<b>20</b>			
<i>Cals:814; Carb:111gm; Sod.: 534mg</i>				<i>Cals:864; Carb:107gm; Sod.: 875mg</i>				<i>Cals:678; Carb:65gm; Sod: 880mg</i>				<i>Cal:898; Carb:132g;*High Sod: 1314mg</i>							
<b>23</b>	Beef Stew Cornbread Loaf Kale & Peppers Fruit	330 180 29 0		<b>24</b>	<b>Center Closed</b>			<b>25</b>	<b>Holiday- No Meal Delivery</b> 			<b>26</b>	Shepherd's Pie (Beef) w/ Mashed Potatoes Corn & Peas Whole Grain Biscuit Fruit	302  124 370 0		<b>27</b>			
<i>Cals:741; Carb:75gm; Sod: 674mg</i>												<i>Cal:827; Carb; 98gm; Sod: 931mg</i>							
<b>30</b>	Stuffed Pepper Bowl with Ground Beef White Rice Carrots Wheat Roll Mixed Fruit	276  25 56 150 5		<b>31</b>	Homemade Fried Chicken Black Eyed Peas Green Beans w/ Red Peppers Hawaiian Roll Chocolate Swirl	186 141 20 80 105						<b>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.</b>							
<i>Cals:799; Carb:71gm; Sod: 647mg</i>				<i>Cals:1044; Carb:120gm; Sod: 667mg</i>															

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! DECEMBER 2024

## *Adding Festive Flavors to Your Holidays*



Seasonal spices like cinnamon, nutmeg, cloves, and ginger can transform simple dishes into festive holiday treats while also providing a variety of health benefits!

- **Cinnamon:** Cinnamon has been shown to help regulate blood sugar levels, support heart health, lower cholesterol, and prevent blood clots.
- **Nutmeg:** Nutmeg may help reduce inflammation, ease pain from arthritis and sore muscles, promote relaxation, boost focus, and support liver and kidney health.
- **Cloves:** Cloves provide anti-inflammatory benefits, help alleviate GI symptoms such as vomiting, diarrhea, gas, and stomach aches, and may even help prevent colds.
- **Ginger:** Ginger helps alleviate nausea and digestive discomfort, boost circulation, provide a warming effect, and offer antibacterial and antifungal properties.

**Note:** Talk to your doctor before increasing consumption of these due to their possible interaction with certain medications, such as ginger and blood clotting medications.

Easy Ways to Enjoy Holiday Spices:

- **Spiced Oatmeal:** Add a pinch of cinnamon or nutmeg to your morning oatmeal and top it with a handful of raisins or diced apples.
- **Flavored Drinks:** Make your own spiced tea by adding a cinnamon stick and cloves to hot water, or sprinkle a dash of cinnamon & nutmeg into your coffee or hot chocolate.
- **Holiday Yogurt Parfait:** Mix cinnamon and nutmeg into plain or vanilla yogurt. Add some fruit and granola for toppings.
- **Spiced Applesauce:** Stir a dash of ginger and cinnamon into store-bought applesauce.
- **Gourmet Popcorn:** Sprinkle cinnamon and a bit of ginger over freshly popped popcorn for a lightly sweet snack.
- **Holiday Veggies:** Roast carrots or sweet potatoes with a touch of cinnamon, nutmeg, or ginger for a festive twist on savory dishes.
- **Baked Apples:** Core an apple, sprinkle it with cinnamon, and bake it until tender. Add a small drizzle of honey or a few chopped nuts for toppings.

Source: [Piedmont Health: The Healthiest Winter Spices](#)

### Meal Heating Instructions

- **Do NOT use toaster oven to reheat home delivered meals.**
- Keep meals 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 reach an internal temperature of 165F.
- Do not leave out in room temperature for more than 2 hours.
- Consume or discard 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 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](http://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