

Nutrition Column

Fire Safety Steps for Seniors III

Boston Fire Department

Heat Your Home Safely

Heating is the second leading cause of fire death and the third leading cause of injury to people ages 65 and older.



- Space heaters need space. Keep flammable materials at least three feet away from all heaters.
- Do not use an extension cord with a space heater.
- When buying a space heater, look for a control feature that automatically shuts off the power if the heater falls over.
- Never use the range or oven to heat your home.

Free Elderly Fire Safety Program



Smoke and Carbon Monoxide Detectors are available and installed for Boston residents of owner occupied single family homes

Restrictions Apply

Please call the Boston Fire Safety Program at 617-343-3337

Please talk to your dietitian if you want to learn more.

Congregate Meal Site

Quincy Tower

5 Oak Street West
Boston, MA 02116
Tel: (617) 423-7560
Fax: (617) 423-0502

Hong Lok House

25 Essex Street
Boston, MA 02111
Tel: (617) 936-3966
Fax: (857) 350-4621

Brighton House

677 Cambridge Street
Brighton, MA 02135
Tel: (617) 789-4289
Fax: (617) 789-5623



Area Served

City of Boston

For more information

call 617-623-7560 or
visit us on www.gbcbgac.org

Languages

Cantonese, Mandarin, Toisanese,
Vietnamese, English



Monthly Menu

August 2017

中華耆英會
營養計劃

Greater Boston Chinese Golden Age Center
Nutrition Program



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Sodium	2	Sodium	3	Sodium	4	Sodium
		Pork Slices with Tomatoes	171mg	Family-styled Tofu with Pork Slices	111mg	Chicken Thigh with Mushrooms	439mg	Orange -flavored Pork Ribs	157mg
		Soy Milk 120mg	Milk 125mg	Milk 125mg	Milk 125mg	Milk 125mg	Milk 125mg	Milk 125mg	
		White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	
	Total 302mg	Total 247mg	Total 575mg	Total 293mg					
	Calories: 606 kcal	Calories: 539 kcal	Calories: 848 kcal	Calories: 656 kcal					
7	Sodium	8	Sodium	9	Sodium	10	Sodium	11	Sodium
Pork Chop with Creamy Corn	(N/A)	Fish Pie with Scallions	(N/A)	Baked Ground Beef	291mg	Pork Ribs with Butternut Squash	560*mg	Soy Braised Chicken Wings	235mg
Soy Milk 120mg	Soy Milk 120mg	Soy Milk 120mg	Milk 125mg	Milk 125mg	Milk 125mg	Milk 125mg	Milk 125mg	Milk 125mg	
White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	
Total (N/A)	Total (N/A)	Total (N/A)	Total 427mg	Total 696mg	Total 371mg				
Recipe Under Testing	Recipe Under Testing	Calories: 573 kcal	Calories: 733 kcal	Calories: 612 kcal					
14	Sodium	15	Sodium	16	Sodium	17	Sodium	18	Sodium
Seafood Delight	849*mg	Braised Chicken Breast with Oyster Sauce	444mg	Pork Chop with Eggplants	(N/A)	Satueed Fish Fillets	160mg	Braised Pork Slices	215mg
Soy Milk 120mg	Soy Milk 120mg	Soy Milk 120mg	Milk 125mg	Milk 125mg	Milk 125mg	Milk 125mg	Milk 125mg	Milk 125mg	
White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	
Total 980mg	Total 575mg	Total (N/A)	Total 296mg	Total 488mg	Total 351mg				
Calories: 563 kcal	Calories: 781 kcal	Recipe Under Testing	Calories: 465 kcal	Calories: 643 kcal					
21	Sodium	22	Sodium	23	Sodium	24	Sodium	25	Sodium
Spiced Chicken wings with Lemon Grass	651*mg	Vegetarian Delight	145mg	Scallops baked with Soy Bean Paste	(N/A)	Chinese Meatloaf	352mg	Steamed Egg Custard with Thousand-Year-Old Egg	340mg
Soy Milk 120mg	Soy Milk 120mg	Soy Milk 120mg	Milk 125mg	Milk 125mg	Milk 125mg	Milk 125mg	Milk 125mg	Milk 125mg	
White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	
Total 782mg	Total 276mg	Total (N/A)	Total 488mg	Total 476mg					
Calories: 724 kcal	Calories: 491 kcal	Recipe Under Testing	Calories: 614 kcal	Calories: 650 kcal					
28	Sodium	29	Sodium	30	Sodium	31	Sodium		
Pork Ribs with Tobin Sauce	146mg	Sliced Chicken with Pineapple	402mg	Diced Ham with Shitake Mushrooms	714*mg	White Fish with Corn	430mg		
Soy Milk 120mg	Soy Milk 120mg	Soy Milk 120mg	Milk 125mg	Milk 125mg	Milk 125mg	Milk 125mg	Milk 125mg		
White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg	White Rice 11mg		
Total 277mg	Total 533mg	Total 850mg	Total 566mg						
Calories: 592 kcal	Calories: 788 kcal	Calories: 489 kcal	Calories: 573 kcal						

Food Safety Guidelines:

If you choose not to eat your lunch right away, please put it in the refrigerator immediately. When you are ready to consume:

1. Slit the plastic cover open or peel it back
 2. Re-heat in the microwave for 2-3 minutes
 3. Preheat oven to 350° then place container on cookie sheet and heat for 10 – 20 minutes.
- Caution: Oliver containers should never be put into a toaster oven.



Meals are based on a No Added Salt (3-4 gm sodium diet) for healthy older adult. If you have a special concern regarding sodium, contact the Dietitian for guidance on managing your intake to meet you diet requirements. The nutrition information above does not include vegetables nor fruits. Vegetables - calorie 30 - 60 kcal, sodium 60 - 150 mg; Fruits - calorie 71 - 105 kcal, sodium 1 - 2 mg.

Note: Fruits and vegetables listed on the menu are subject to change due to seasonal availability. We reserve the right to modify an entrée for holidays or special occasions.