

Nutrition Column

Food Trivia Quiz

By WaiLing Balsley, RDN, LDN

1. In France approximately how many snails are eaten per year?
 - a. 100 millions
 - b. 200 millions
 - c. 300 millions and 500 thousands
 - d. 500 millions
2. What was the first breakfast cereal ever produced?
 - a. Cornflakes
 - b. Rice Crispies
 - c. Chocolate Rice
 - d. Shredded Wheat
3. Chop-suey does not come from China. It was created by Chinese immigrants in?
 - a. Las Vegas
 - b. London
 - c. Birmingham
 - d. California
4. Frankfurter sausages were first created in?
 - a. America
 - b. China
 - c. Japan
 - d. Australia
5. Peanuts are used in the manufacture of?
 - a. Sleeping Pills
 - b. Tissues
 - c. Toilet Roll
 - d. Dynamite

Answers: 1) D, 2) D, 3) D, 4) B, 5) D

Resources from Absurd Trivia <https://www.absurdtrivia.com/quiz/004938/food-glorious-food/>

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

December 2017

中華耆英會
營養計劃

Greater Boston Chinese Golden Age Center
Nutrition Program



December 2017 Monthly Menu

 Monthly Special

* Indicated higher sodium items > 500 mg.

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.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
								1	Sodium	
								Sliced Chicken with Shiitake Mushrooms		439mg
Calories: 848 kcal										
4	Sodium	5	Sodium	6	Sodium	7	Sodium	8	Sodium	
Chinese Meatloaf		White Fish with Lemon Slices		Steamed Egg Duo		Pork Ribs with Orange Peels		Braised Chicken Wings		
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		
Total 471mg		Total (N/A)		Total 459mg		Total 276mg		Total 371mg		
Calories: 614 kcal		Recipe Under Testing		Calories: 650 kcal		Calories: 656 kcal		Calories: 612 kcal		
11	Sodium	12	Sodium	13	Sodium	14	Sodium	15	Sodium	
Stir-fried Shrimps with Black Bean Sauce		Chicken Thigh with Curry Sauce		Steamed Pork Ribs with Butter-nut Squash		Stir-fried Flounder Fillet		Pork Chop with Lemongrass Spice		
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		
Total 741mg		Total 411mg		Total 678mg		Total 279mg		Total (N/A)		
Calories: 509 kcal		Calories: 761 kcal		Calories: 733 kcal		Calories: 465 kcal		Recipe Under Testing		
18	Sodium	19	Sodium	20	Sodium	21	Sodium	22	High Sodium Day Sodium	
Steamed Egg with Cellophane Noodles		Baked Fish with Dried Bean Curd Sticks		Pork Chop with Black Pepper Sauce		Baked Chicken Wings with Pepper Spice		Tofu with Mixed Mushrooms		
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		
Total 627mg		Total 436mg		Total (N/A)		Total 612mg		Total 1138mg		
Calories: 499 kcal		Calories: 492 kcal		Recipe Under Testing		Calories: 609 kcal		Calories: 432 kcal		
25	Sodium	26	High Sodium Day Sodium	27	Sodium	28	Sodium	29	Sodium	
		Steamed Dumpling		Stir-fried Rice with Diced Chicken		White Fish with Satay Sauce		Stir-fried Shrimps		
		Milk 125mg		Milk 125mg		Milk 125mg		Milk 125mg		
		White Rice 11mg		White Rice 11mg		White Rice 11mg		White Rice 11mg		
		Total 1088mg		Total (N/A)		Total 469mg		Total 741mg		
		Calories: 467 kcal		Recipe Under Testing		Calories: 472 kcal		Calories: 509 kcal		

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 your 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.

