

## Nutrition Column

### Food Trivia Quiz II

By WaiLing Balsley, RDN, LDN

1. Apple pie is the official state pie of which state since 1999?

- a. Alaska      b. Virginia
- c. Montana    d. Vermont

2. In 1947, who was crowned the first Queen of Artichokes?

- a. Audrey Hepburn    b. Helen Morgan
- c. Zsa Zsa Gabor      d. Marilyn Monroe

3. What are you not allowed to give to under 1 year olds?

- a. Jam                  b. Honey
- c. Marmalade        d. Chocolate spread

4. In a survey conducted in 1951 of the U.S. Armed services, what was their favorite dessert?

- a. Rice Pudding    b. Banana Cream Pie
- c. Trifle              d. Semolina

5. Ben & Jerry's Ice Cream Company was founded in what year?

- a. 1975    b. 1976    c. 1977    d. 1978

Answers: 1) D, 2) D, 3) B, 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](http://www.gbcbgac.org)

### Languages

Cantonese, Mandarin, Toisanese,  
Vietnamese, English



## Monthly Menu

# January 2018

中華耆英會  
營養計劃

Greater Boston Chinese Golden Age Center  
Nutrition Program



# January 2018

# Monthly Menu

Monthly Special

\* Indicated higher sodium items > 500 mg.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2 HIGH SODIUM DAY	Sodium	3	Sodium	4	Sodium	5	Sodium
<b>Holiday</b>		Steamed Pork Dumplings	968*mg	Steamed Tofu with Mixed Mushrooms	345mg	Chicken with Curry Sauce	293mg	Orange-flavored Pork Ribs	157mg
		Milk	125mg	Milk	125mg	Milk	125mg	Milk	125mg
		White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg
		Total	1088mg	Total	464mg	Total	411mg	Total	276mg
		Calories: 467 kcal		Calories: 426 kcal		Calories: 761 kcal		Calories: 656 kcal	
8	Sodium	9	Sodium	10	Sodium	11	Sodium	12	Sodium
Pork Chop with Onions	(N/A)	Roasted White Fish	302mg	Stir-fried Beef with Tomatoes	(N/A)	Pork Ribs with Black Bean Sauce	167mg	Braised Chicken Wings	235mg
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	(N/A)	Total	471mg	Total	(N/A)	Total	286mg	Total	354mg
		Calories: 648 kcal		Recipe Under Testing		Calories: 662 kcal		Calories: 612 kcal	
15	Sodium	16	Sodium	17	Sodium	18	Sodium	19	Sodium
Stir-fried Shrimps with Garlic Sauce	622*mg	Chicken with Sweet and Sour Sauce	402mg	Baked Pork Ribs with Eggplants	160mg	Baked White Fish with Chinese Pickles	(N/A)	Stir-fried Pork with Tobin Sauce	146mg
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	521mg	Total	279mg	Total	(N/A)	Total	265mg
		Calories: 509 kcal		Calories: 791 kcal		Calories: 523 kcal		Recipe Under Testing	
		Calories: 791 kcal		Calories: 523 kcal		Recipe Under Testing		Calories: 595 kcal	
22	Sodium	23	Sodium	24	Sodium	25	Sodium	26	Sodium
Steamed Egg with Cellophane Noodles	340mg	Baked Pork Ribs with Olivies	(N/A)	Baked White Fish with Bean Curd	317mg	Baked Chicken Wings with Pepper Sauce	493mg	Vegetarian Delight	235mg
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	459mg	Total	(N/A)	Total	436mg	Total	612mg	Total	354mg
		Calories: 650 kcal		Calories: 492 kcal		Calories: 609 kcal		Calories: 520 kcal	
		Calories: 650 kcal		Calories: 492 kcal		Calories: 609 kcal		Calories: 520 kcal	
29	Sodium	30	Sodium	31	Sodium				
Pork Ribs with Butternut Squash	560*mg	Baked Turkey Breast	685*mg	Ham and Shiitake Mushrooms	714*mg				
Milk	125mg	Milk	125mg	Milk	125mg				
White Rice	11mg	White Rice	11mg	White Rice	11mg				
Total	678mg	Total	804mg	Total	832mg				
		Calories: 733 kcal		Calories: 631 kcal		Calories: 489 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.

