

## Nutrition Column

### Fire Safety Steps for Seniors II

Boston Fire Department

#### Safe Smoking

Careless smoking is the leading cause of fire deaths and the second leading cause of injuries among people age 65 and older.

- Never smoke in bed.
- Put your cigarette or cigar out at the first sign of feeling drowsy while watching television or reading.
- Use deep ashtrays and put your cigarettes all the way out. Always empty ashtrays into a non burnable container, such as a metal can.

#### Cook Safely

Cooking is the third leading cause of fire deaths and the leading cause of injury among people ages 65 and older.

- Always pay attention while cooking; never anything on the stove unattended. A serious fire can start in just seconds.
- Always wear short or tight fitting sleeves when you cook.
- Keep a pot lid close by. In case of a pan fire, use the lid to smother the fire.
- Double check the kitchen before you go to bed or leave the house.

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



Greater Boston Chinese Golden Age Center  
Nutrition Program

## Monthly Menu

July  
2017

中華耆英會  
營養計劃



## 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	
3	Sodium	4	Sodium	5	Sodium	6	Sodium	7	Sodium
Scrambled Egg with Mixed Vegetables	(N/A)			Pork Chop with Curry Sauce	139mg	Chicken with Soy Bean Sauce	408mg	Pork Ribs with Orange Peels	157mg
Soy Milk	120mg			Milk	125mg	Milk	125mg	Milk	125mg
White Rice	11mg			White Rice	11mg	White Rice	11mg	White Rice	11mg
Total	(N/A)	Total	275mg	Total	275mg	Total	544mg	Total	293mg
Recipe Under Testing		Calories: 530 kcal		Calories: 782 kcal		Calories: 656kcal			
10	Sodium	11	Sodium	12	Sodium	13	Sodium	14	Sodium
Tofu with Ground Pork	123mg	Sliced Pork with Tobin Sauce	146mg	Stir-fried Flounder Fillets	302mg	Pork Ribs with Eggplant	160mg	Soy Braised Chicken Wings	235mg
Soy Milk	120mg	Soy Milk	120mg	Milk	125mg	Milk	125mg	Milk	125mg
White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg
Total	254mg	Total	277mg	Total	438mg	Total	296mg	Total	371mg
Calories: 561 kcal		Calories: 592 kcal		Calories: 508 kcal		Calories: 523 kcal		Calories: 612 kcal	
17	Sodium	18	Sodium	19	Sodium	20	Sodium	21	Sodium
Steamed Spare-ribs with Butter-nut Squash	560*mg	Chicken breast with Oyster Sauce	444mg	Braised Shiitake with Sliced Ham	714*mg	Stir-fried Jumbo Shrimps	622*mg	Pork Chop with Onion	(N/A)
Soy Milk	120mg	Soy Milk	120mg	Milk	125mg	Milk	125mg	Milk	125mg
White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg
Total	691mg	Total	575mg	Total	850mg	Total	758mg	Total	(N/A)
Calories: 731 kcal		Calories: 781 kcal		Calories: 489 kcal		Calories: 509 kcal		Recipe Under Testing	
24	Sodium	25	Sodium	26	Sodium	27	Sodium	28	Sodium
Baked Pork Ribs with Black Bean Sauce	167mg	Baked Chicken Wings with Ground Pepper	493mg	Firm Tofu with Mushrooms	(N/A)	Pork Chop with Mixed Vegetables	(N/A)	Baked Flounder with Chinese Pickles	(N/A)
Soy Milk	120mg	Soy Milk	120mg	Milk	125mg	Milk	125mg	Milk	125mg
White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg
Total	298mg	Total	624mg	Total	(N/A)	Total	(N/A)	Total	(N/A)
Calories: 660 kcal		Calories: 607 kcal		Recipe Under Testing		Recipe Under Testing		Recipe Under Testing	
31	Sodium								
Fish Balls, Fish Tofu, Shrimps, Diced Chicken	(N/A)								
Soy Milk	120mg								
White Rice	11mg								
Satay Sauce	(N/A)								
Total	(N/A)								
Recipe Under Testing									

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.