

Nutrition Column

Fire Safety Steps for Seniors I

Boston Fire Department

The “Get Out Alive” Home Fire Safety Steps

- Smoke Alarms: Install smoke alarms and carbon monoxide detectors on every level of your home, test batteries every month and change them at least once a year.



- Home Fire Escape Plan: Develop and practice a fire escape plan regularly, at least twice a year. Keep exits clear of debris.
- Keep your bedroom door closed while sleeping. Close doors when leaving fire area.

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



Greater Boston Chinese Golden Age Center

Nutrition Program

Monthly Menu

June
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	
1		2		3		4		5	
Firm Tofu with Mixed Mushrooms Milk White Rice		Steamed Pork Ribs Milk White Rice		Steamed Egg with Chives and Vermicelli Milk White Rice		Stir-fried White Fish Milk White Rice		Soy Braised Chicken Wings Milk White Rice	
145mg 125mg 11mg Total 281mg		167mg 125mg 11mg Total 303mg		340mg 125mg 11mg Total 476mg		302mg 125mg 11mg Total 438mg		235mg 125mg 11mg Total 371mg	
Calories: 494 kcal		Calories: 662 kcal		Calories: 476 kcal		Calories: 438 kcal		Calories: 371 kcal	
6		7		8		9		10	
Pork Chop with Tomato Soy Milk White Rice		Yu Shiang Spareribs Soy Milk White Rice		Steamed Egg with Chives and Vermicelli Milk White Rice		Stir-fried White Fish Milk White Rice		Soy Braised Chicken Wings Milk White Rice	
419mg 120mg 11mg Total 550mg		350mg 120mg 11mg Total 481mg		340mg 125mg 11mg Total 476mg		302mg 125mg 11mg Total 438mg		235mg 125mg 11mg Total 371mg	
Calories: 577 kcal		Calories: 655 kcal		Calories: 650 kcal		Calories: 508 kcal		Calories: 612 kcal	
11		12		13		14		15	
Shrimps with Mixed Vegetables Soy Milk White Rice		Baked Chicken Soy Milk White Rice		Pork Ribs with Butternut Squash Milk White Rice		Fish Tofu with Curry Sauce Milk White Rice		Sliced Pork with Tobin Sauce Milk White Rice	
622*mg 120mg 11mg Total 753mg		430mg 120mg 11mg Total 561mg		560*mg 125mg 11mg Total 696mg		616*mg 125mg 11mg Total 752mg		146mg 125mg 11mg Total 282mg	
Calories: 506 kcal		Calories: 786 kcal		Calories: 733 kcal		Calories: 534 kcal		Calories: 595 kcal	
16		17		18		19		20	
Pepper Spiced Chicken Wings Soy Milk White Rice		Tofu Trio with Mixed Vegetables Soy Milk White Rice		Baked White Fish with Creamy Corn Sauce Milk White Rice		Steamed Ground Pork and Soft Tofu Milk White Rice		Sliced Pork with Chinese Pickles Milk White Rice	
493mg 120mg 11mg Total 624mg		297mg 120mg 11mg Total 428mg		430mg 125mg 11mg Total 566mg		134mg 125mg 11mg Total 270mg		509mg 125mg 11mg Total 645mg	
Calories: 607 kcal		Calories: 522 kcal		Calories: 573 kcal		Calories: 493 kcal		Calories: 572 kcal	
21		22		23		24		25	
Steamed Pork Ribs with Orange Peels Soy Milk White Rice		Pork with Sour Pickles Soy Milk White Rice		Shrimps in Oyster Sauce Milk White Rice		White Fish with Dried Bean Curd Milk White Rice		Stir-fried Chicken with Scallions Milk White Rice	
157mg 120mg 11mg Total 288mg		(N/A) 120mg 11mg Total (N/A)		(N/A) 125mg 11mg Total (N/A)		317mg 125mg 11mg Total 453mg		437mg 125mg 11mg Total 573mg	
Calories: 654 kcal		Recipe Under Testing		Recipe Under Testing		Calories: 492 kcal		Calories: 746 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 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.

