

Nutrition Column

Senior Centers

Quincy Tower

8:00am – 1:30pm

Breakfast on every
Wednesdays and Fridays
8:00am to 10:00am.

Activities include Tai Chi,
Chinese Painting, Chinese
Calligraphy and more.

For more details, please
contact Cheung Lam at
617-423-7560.



Hong Lok House

9:30am – 2:30pm

A presentation of Senior
Health Insurance Benefit
will be on 10/5/2017 at
1pm. Daily activities include
ballroom dancing, English
class, singing class and
more. For more details,
please contact Jessica Chan
at 617-936-3966.



Brighton House

9:00am – 1:30pm

We celebrate the August Moon Festival on
10/3/2017 12:15pm –

12:45pm. All are welcome!
Come and join our birthday
party on the second Friday
of each month. Daily
activities include Tai Chi,
English class, singing class
and more. For more details,
please contact Ann Situ at
617-789-4289.



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

October 2017

中華耆英會
營養計劃

Greater Boston Chinese Golden Age Center
Nutrition Program



October 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	
2	Sodium	3	Sodium	4	Sodium	5	Sodium	6	Sodium
Stir Fried Flounder with Mixed Vegetables	304mg	Sliced Pork with Tomatoes	419mg	Ma Po Tofu with Minced Pork	134mg	Wings with Salt & Pepper	493mg	Steamed Pork Spareribs	215mg
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	435mg	Total	550mg	Total	270mg	Total	629mg	Total	351mg
Calories: 474 kcal		Calories: 577 kcal		Calories: 493 kcal		Calories: 609 kcal		Calories: 643 kcal	
9		10 HIGH SODIUM DAY	Sodium	11	Sodium	12	Sodium	13	Sodium
Holiday		Steamed Dumpling	968*mg	Family-styled Vegetarian Dish	145mg	Orange-flavored Pork Ribs	157mg	Soy Braised Chicken Wings	235mg
		Soy Milk	120mg	Milk	125mg	Milk	125mg	Milk	125mg
		White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg
	Total	Total	1088mg	Total	281mg	Total	293mg	Total	354mg
Calories: 467 kcal		Calories: 494 kcal		Calories: 656 kcal		Calories: 612 kcal			
16	Sodium	17	Sodium	18	Sodium	19	Sodium	20	Sodium
Stir Fried Shrimps with Seasonal Greens	622*mg	Baked Chicken with Shiitake Mushrooms	439mg	Sweet and Sour Pork Ribs	199mg	White Fish with Black Bean Sauce	350mg	Sliced Pork with Chinese Pickles	509*mg
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	753mg	Total	570mg	Total	335mg	Total	486mg	Total	645mg
Calories: 506 kcal		Calories: 846 kcal		Calories: 672 kcal		Calories: 472 kcal		Calories: 572 kcal	
23	Sodium	24	Sodium	25	Sodium	26	Sodium	27	Sodium
Ground Pork and Tofu	134mg	Shredded Pork with Eggplants	160mg	Baked White Fish with Sacha Sauce	(N/A)	Baked Chicken with Chestnuts	216mg	Silky Tofu with Mushroom Sauce	(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	265mg	Total	291mg	Total	(N/A)	Total	352mg	Total	(N/A)
Calories: 491 kcal		Calories: 520 kcal		Recipe Under Testing		Calories: 584 kcal		Recipe Under Testing	
30	Sodium	31	Sodium						
Steam Spareribs with Butternut Squash	560*mg	Stir Fried Shrimps with Wood Ear Mushrooms	237mg						
Soy Milk	120mg	Soy Milk	120mg						
White Rice	11mg	White Rice	11mg						
Total	691mg	Total	368mg						
Calories: 731 kcal		Calories: 491 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.

