

Nutrition Column

Food Safety for Thanksgiving

Food is always the highlight at Thanksgiving and the holiday season, however, food safety is as important as the taste and the presentation of food.

When preparing food, beware of cross contamination. Use different cutting boards for poultry, meat, fish, vegetables, and fruits. It is helpful to color code the boards for a specific type of food.

Cook the food until the internal temperature reaches 165oF or above. Separate the stuffing from a turkey in cooking, as the stuffing may not be cooked evenly to 165oF inside a turkey.

Reheat the leftover to the internal temperature of 165oF. Only reheat food in small amount or the amount you are ready to eat. A small batch allows the food to be heated evenly to the desired temperature. When reheating food in the microwave oven, cover with lid and rotate the food frequently to make sure it heats evenly.

Happy Cooking!

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

Brighton House

677 Cambridge Street
Brighton, MA 02135
Tel: (617) 789-4289
Fax: (617) 789-5623



Daily Activities at the sites includes:

Nutrition Talks (Seasonal)
Tai Chi, Dancing Class
Singing Class, ESL Class



Area Served

City of Boston

For more information

call 617-423-7560 or
visit us on www.gbcbgac.org

Languages

Cantonese, Mandarin, Toisanese,
Vietnamese, English



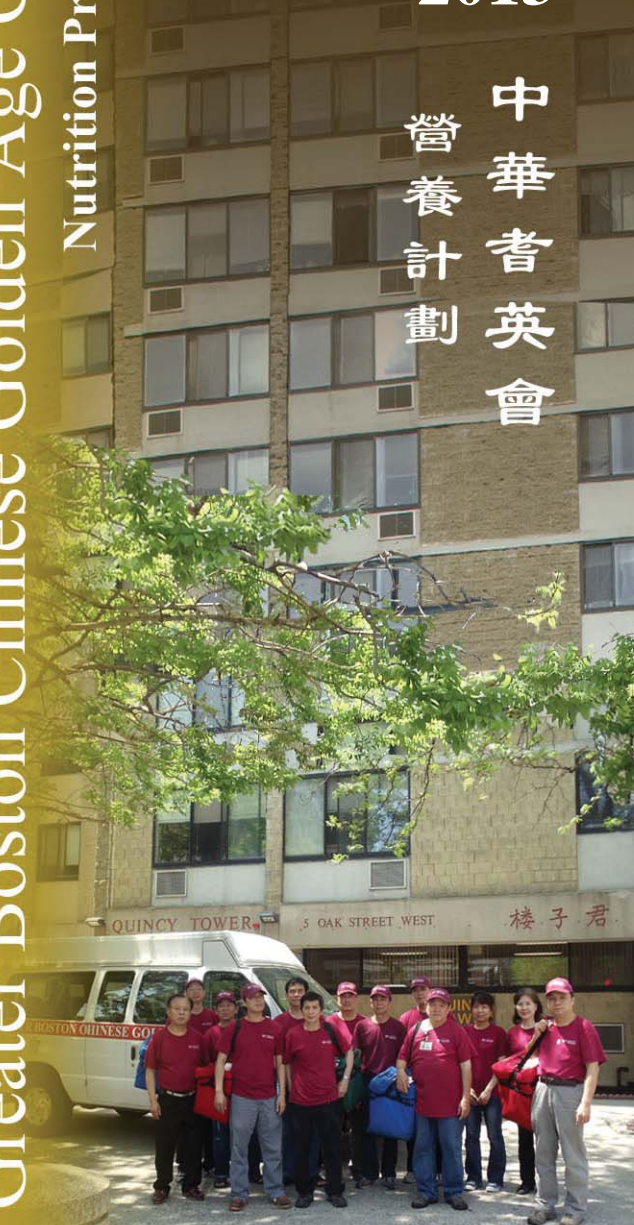
Monthly Menu

November 2013

中華耆英會
營養計劃

Greater Boston Chinese Golden Age Center

Nutrition Program



November 2013 Monthly Menu

 New recipe

Blue Font High sodium recipe

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Roast Ribs Broccoli Carrots Cal:802kcal Na:501mg Fat:26.7g CHO:94.9g
4	5	6	7	8
Tofu Stew Baby Bok Choy Mixed Peas Cal:665kcal Na:51mg Fat:16.1g CHO:100.1g	Saute Pork Slices Zucchini Straw Mushrooms Cal:717kcal Na:443mg Fat:18.4g CHO:103.0g	Fish Stew Dried Bean Curd Sticks Carrots Cal:643kcal Na:559mg Fat:5g CHO:106.5g	Vegetarian Delight Cauliflowers Water Chestnuts Cal:830kcal Na:526mg Fat:19.8g CHO:121.5g	Braised Chicken Thigh Napa Celery Cal:787kcal Na:905mg Fat:16.6g CHO:92.9g
11	12	13	14	15
Holiday	Scrambled Egg with Shrimps White Mushrooms Peas Cal:733kcal Na:642mg Fat:14.8g CHO:110.1g	Family Style Tofu Cabbages Onions Cal:690kcal Na:398mg Fat:18.4g CHO:99.7g	Yu Shiang Eggplants Eggplants Scallions Cal:752kcal Na:405mg Fat:18.6g CHO:107.7g	Stir Fry Shredded Pork Chinese Pickles Mustard Greens Cal:726kcal Na:616mg Fat:21.7g CHO:93.7g
	18	19	20	21
Stir Fry Pork Tomatoes Onions Cal:764kcal Na:506mg Fat:17.7g CHO:111.8g	Soy Braise Chunky Chicken Shanghai Bok Choy Carrots Cal:946kcal Na:741mg Fat:34.4g CHO:115g	Saute Filets with Garden Greens Yu Choy White Mushrooms Cal:715kcal Na:493mg Fat:14.5g CHO:94.6g	Scrambled Egg with Mixed Vegetables Broccoli Green and Red Peppers Cal:950kcal Na:606mg Fat:37.4g CHO:102.7g	Italian Meatballs Tomatoes Corns Data N/A Recipe Under Testing
25	26	27	28	29
Baked Fish Filets Napa Carrots Cal:692kcal Na:661mg Fat:7.9g CHO:97.6g	Family Style Vegetarian Dish Black Fungus Yu Choy Cal:720kcal Na:476mg Fat:15.6g CHO:105.9g	Orange Flavored Ribs Radishes Straw Mushrooms Cal:742kcal Na:560mg Fat:24.2g CHO:100.9g		
				Holiday

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.

Based on FDA's Daily Value, the daily nutrient recommendations for adults are 2000kcal of energy, 2400mg of sodium, 65g of fat, and 300g of carbohydrate.

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. Please talk to our manager Raymond Giang at 617-423-7560 if you have concerns.

