

## Nutrition Column



### How To Eat Plant Based Foods

#### Why plant-based foods?



- Rich in dietary fibers
- Low in saturated fat
- Prevent chronic diseases, such as diabetes, CVD



Tofu



Soy milk



Seaweed

#### Plant-based Protein Sources



Lentils



Beans



Chickpeas



Choose brands with fortification of Vitamin D and B12

Eat a variety of foods from all food groups to keep the nutrition balance

This article is written by GBCGAC Nutrition Intern Yifeng Wang  
If you have any questions, please call 617-357-0226 ext 201

## Senior Centers/Meal Sites

Our Senior Centers and Meal Site will re-open starting November 2021.  
Please see the following for details.

### Quincy Tower

5 Oak Street West, Boston, MA 02116  
Tel: (617) 423-7560 Fax: (617) 423-0502

Breakfast and Lunch Dine-In ✓  
Breakfast and Lunch Grab-and-Go ✓  
Breakfast time: **8:00am-10:00am**  
Lunch Time: **11:15am-12:30pm**

Open for in-person activities: Taichi, Dance, ESL, Calligraphy, Smart Phone Workshops, Painting

### Hong Lok House

25 Essex Street, Boston, MA 02111  
Tel: (617) 936-3966 Fax: (617) 350-4621

Lunch Dine-In ✓  
Lunch Grab-and-Go ✓  
Lunch Time:  
**11:30am-1:00pm**

Open for in-person activities: Dance, ESL, Balance Exercise, Smart Phone Workshops

### Brighton House

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

Lunch Dine-In ✓  
Service Time:  
**11:30am-12:00pm**

Open for in-person activities: Taichi Soft Ball, Smart Phone Workshops, ESL, Dance

### Virtual Activities

We will continue to offer virtual activities both in Cantonese and Mandarin. Activities include: Taichi, Music, Beginner English, Singing, Soft Racket, Flipping exercise, and a variety of special performances and workshops.

**If you are interest in joining, please call 617-357-0226 to get more information.**

**Registration is needed for dine-in and in-person activities. Please call at least 1 day ahead of time to sign up.**

Operation time: Monday to Friday  
from 9:00am to 2:00pm.

For detailed activity schedule, please check our website OR social media platforms.



Greater Boston Chinese Golden Age Center

Nutrition Program

## Monthly Menu

# March 2023

中華耆英會  
營養計劃




# March 2023

# Monthly Menu

Monthly Special

\* Indicated higher sodium items > 500 mg.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p style="text-align: center;">Happy Saint Patrick's Day 聖派翠克節快樂 - MARCH 17 -</p> 				<b>1</b>		<b>2</b>		<b>3</b>	
				Baked Fish Fillet with Italian Seasoning		Baked Pork Ribs with Orange Flavor		Baked Pork Chop with Onion	
				Sodium 613mg Milk 125mg White Rice 11mg Total 749mg		Sodium 157mg Milk 125mg White Rice 11mg Total 294mg		Sodium 506mg Milk 125mg White Rice 11mg Total 642mg	
Calories: 700 kcal		Calories: 664 kcal		Calories: 516 kcal					
<b>6</b>	<b>7</b>	<b>8 HIGH SODIUM DAY</b>	<b>9</b>	<b>10</b>					
Fish Ball with Satay Sauce	Baked Pork Ribs with Radish	Stir-fried Chicken, Shrimp, and Fish Balls	Stir-fried Tofu	Soy Braised Chicken Wings					
Sodium 680mg Milk 125mg White Rice 11mg Total 817mg	Sodium 560mg Milk 125mg White Rice 11mg Total 696mg	Sodium 1119mg Milk 125mg White Rice 11mg Total 1255mg	Sodium 297mg Milk 125mg White Rice 11mg Total 434mg	Sodium 235mg Milk 125mg White Rice 11mg Total 372mg					
Calories: 564 kcal	Calories: 741 kcal	Calories: 596 kcal	Calories: 532 kcal	Calories: 620 kcal					
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>					
Steamed Fish Fillet with Woodear	Baked Chicken Thigh with Black Pepper Sauce	Curry Tofu with Minced Pork	Stir-fried Shrimp with Garlic	Braised Eggplant with Minced Pork					
Sodium 142mg Milk 125mg White Rice 11mg Total 279mg	Sodium 493mg Milk 125mg White Rice 11mg Total 630mg	Sodium (N/A) Milk 125mg White Rice 11mg Total (N/A)	Sodium 784mg Milk 125mg White Rice 11mg Total 921mg	Sodium 160mg Milk 125mg White Rice 11mg Total 296mg					
Calories: 491 kcal	Calories: 617 kcal	Recipe Under Testing	Calories: 545 kcal	Calories: 530 kcal					
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>					
Fried Breaded Chicken Breast	Stir-fried Noodles with Marinara Sauce	Baked Pork Patty	Steamed Fish Fillet with Sour Pickles	Baked Pork Ribs with Sugar and Vinegar Sauce					
Sodium 431mg Milk 125mg White Rice 11mg Total 567mg	Sodium (N/A) Milk 125mg White Rice 11mg Total N/A	Sodium 352mg Milk 125mg White Rice 11mg Total 488mg	Sodium 141mg Milk 125mg White Rice 11mg Total 278mg	Sodium 356mg Milk 125mg White Rice 11mg Total 492mg					
Calories: 581 kcal	Recipe Under Testing	Calories: 622 kcal	Calories: 484 kcal	Calories: 758 kcal					
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>					
Stir-fried Shrimp with Black Bean Sauce	Baked Chicken Things with Salt and Pepper	Chinese Style Vegetarian Dish	Baked Fish Fillet with Sweet and Sour Sauce	Stir-fried Tofu and Pork Slices					
Sodium 386mg Milk 125mg White Rice 11mg Total 523mg	Sodium 493mg Milk 125mg White Rice 11mg Total 629mg	Sodium 235mg Milk 125mg White Rice 11mg Total 372mg	Sodium 430mg Milk 125mg White Rice 11mg Total 567mg	Sodium 499mg Milk 125mg White Rice 11mg Total 636mg					
Calories: 523 kcal	Calories: 617 kcal	Calories: 527 kcal	Calories: 581 kcal	Calories: 714 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. Do not heat over 30 minutes.

Caution: Oliver containers should never be put into a toaster oven.

Right now, we are experiencing a national supply chain issue. Therefore, our menu items might change according to the food supplies. Thank you for your understanding!

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. Meals may contain allergens including milk, egg, fish, crustaceans, tree nuts, wheat, peanut, and soybeans; and, food ingredient that contain these proteins.

**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.

