

Nutrition Column

National Nutrition Month -Food Connects Us -

March is National Nutrition Month, led by the Academy of Nutrition and Dietetics to promote healthy eating habits. This year's theme, *Food Connects Us*, highlights the connection between food, culture, health, and community.

Our centers hosted **Smart Snacking** events featuring nutrition education, guided tasting, and simple cooking demonstrations to share practical strategies for healthy aging.

Event Schedule

Brighton House

March 11 | 12:00 PM

Quincy Tower

March 13 | 10:00 AM

Hong Lok House

March 23 | 10:00 AM

Thank you to all participants for helping us celebrate nutrition and community together.

This article was provided by Dietitian Sophia Ding.
If you have any questions, please call 617-936-3397

Senior Centers/Meal Sites

Quincy Tower

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

Breakfast & Lunch Dine-In
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 Time: **11:30am-1:00pm**

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

Brighton House

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

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

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

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

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



GBCGAC



GBCGAC



Greater Boston 中華耆英會
Chinese Golden Age Center



Greater Boston Chinese Golden Age Center

Nutrition Program

Monthly Menu March 2026

中華耆英會
營養計劃



March Monthly Menu

* indicates higher sodium items > 500 mg

Customer Service: 857-990-1775
Manday-Friday 9:30am- 3:00pm

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Tofu baked in Sweet and Vinegar Sauce Main Course + N/A Milk + 125mg Rice + 3mg Total Sodium = N/A Calories: N/A	3 Baked Pork Slices with Dried Mustard Green Main Course + 387mg Milk + 125mg + 3mg Total Sodium = 516mg Calories: 663kcal	4 Stir-fried Shrimp with Tomato Sauce Main Course + 884*mg + 125mg + 3mg Total Sodium = 1012mg Calories: 554kcal	5 Baked Fish Fillet with Sour Pickles Main Course + 141mg + 125mg + 3mg Total Sodium = 279mg Calories: 515kcal	6 Baked Chicken Wing with Crispy Garlic Main Course + 340mg + 125mg + 3mg Total Sodium = 468mg Calories: 699kcal
9 Noodles with Mixed Seafood Main Course + 993*mg Milk + 125mg Noodle + 252mg Total Sodium = 1371mg High Sodium Calories: 760kcal	10 Orange-flavored Baked Pork Ribs Main Course + 560*mg + 125mg Rice + 3mg Total Sodium = 688mg Calories: 772kcal	11 Baked Egg Patty with Minced Pork Main Course + 957*mg + 125mg + 3mg Total Sodium = 1085mg Calories: 520kcal	12 Baked Chicken Thigh with Scallion and Ginger Sauce Main Course + 551*mg + 125mg + 3mg Total Sodium = 680mg Calories: 661kcal	13 Chinese Ham with Shiitake Mushroom Main Course + 632*mg + 125mg + 3mg Total Sodium = 760mg Calories: 517kcal
16 Curry Chicken Wings Main Course + 210mg Milk + 125mg Rice + 3mg Total Sodium = 339mg Calories: 693kcal	17 Family-style Vegeterian Dish Main Course + 235mg + 125mg + 3mg Total Sodium = 364mg Calories: 558kcal	18 Fish Fillet with Garlic Main Course + 160mg + 125mg + 3mg Total Sodium = 289mg Calories: 503kcal	19 Stir-fried Tomato and Egg with Pork Slices Main Course + 936*mg + 125mg + 3mg Total Sodium = 1065mg Calories: 723kcal	20 Pork Patty with Mushroom Main Course + 352mg + 125mg + 3mg Total Sodium = 480mg Calories: 653kcal
23 Noodles with Chicken in Black Pepper Sauce Main Course + 300mg Milk + 125mg Noodle + 252mg Total Sodium = 678mg Calories: 731kcal	24 Baked Fish Patty Main Course + 520*mg + 125mg Rice + 3mg Total Sodium = 649mg Calories: 531kcal	25 Roasted Pork Slices and Belly over Rice Main Course + N/A + 125mg + 3mg Total Sodium = N/A Monthly Special Calories: N/A	26 Stir-fried Shrimp with Ginger and Scallion Main Course + 656*mg + 125mg + 3mg Total Sodium = 785mg Calories: 507kcal	27 Mapo Tofu with Minced Pork Main Course + 139mg + 125mg + 3mg Total Sodium = 268mg Calories: 613kcal
30 Stir-fried Trio Main Course + 1121*mg Milk + 125mg Rice + 3mg Total Sodium = 1249mg High Sodium Calories: 627kcal	31 Braised Pork Trotter Main Course + 892*mg + 125mg + 3mg Total Sodium = 1020mg Calories: 813kcal			

If you choose not to eat your lunch right away, please put it in the refrigerator immediately.

When you are ready to consume the lunch:

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: containers should never be put into a toaster oven.

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 watch out for small bones in your meal to avoid choking or discomfort while eating.**



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, soybeans and sesame; and, food ingredient that contain these proteins.