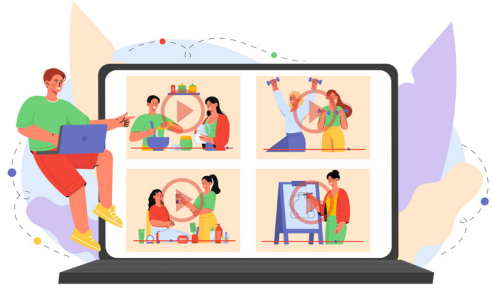


## Nutrition Column

### Greater Boston Chinese Golden Age Center

### Virtual Center



Starting 5/1/2026, GBCGAC will provide a Virtual Center during lunch hours from 11am to 12:30pm Monday to Friday. We will provide the following videos and contents:

**Celebrations, dance, activities, and fun videos and songs**

### Please follow these steps to join

#### 1. Scan this QR Code



#### 2. If you already have the “Google Meet” app

- a. Click on “Join”, Enter your name, Click on “Join” again

#### 3. If you do not have the “Google Meet” app

- a. Go to your phone’s App Store
- b. Download the Google Meet app
- c. Follow the instructions for installing the app
- d. Scan the QR code and follow step 2 to join the meeting

Questions? Please call 857-990-1775.

## 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 May 2026

中華耆英會  
營養計劃




# May Monthly Menu

\* indicates higher sodium items > 500 mg

Customer Service: 857-990-1775  
Manday-Friday 9:00am- 5:00pm

## Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>MOTHER'S DAY</b> to the best mom in the world <b>母親節快樂</b></p>				
<p><b>4</b> Family-style Vegetarian Dish</p> <p>Main Course + 111mg Milk + 125mg Rice + 3mg Total Sodium = 239mg Calories: 577kcal</p>	<p><b>5</b> Roasted Pork Sliced with Chinese BBQ Sauce</p> <p>Main Course + 512*mg + 125mg + 3mg Total Sodium = 640mg Calories: 791kcal</p>	<p><b>6</b> Stir-fried Shrimp with Tomato Sauce</p> <p>Main Course + 884*mg + 125mg + 3mg Total Sodium = 1012mg Calories: 554kcal</p>	<p><b>7</b> Baked Fish Patty with Scallion</p> <p>Main Course + 302mg + 125mg + 3mg Total Sodium = 430mg Calories: 546kcal</p>	<p><b>1</b> Mapo Tofu with Minced Pork</p> <p>Main Course + 597*mg + 125mg + 3mg Total Sodium = 643mg Calories: 958kcal</p>
<p><b>11</b> Curry Fish Ball Lo Mein</p> <p>Main Course + 616mg Milk + 125mg Noodles + 252mg Total Sodium = 994mg Calories: 585kcal</p>	<p><b>12</b> Baked Pork Patty</p> <p>Main Course + 352mg Milk + 125mg Rice + 3mg Total Sodium = 480mg Calories: 653kcal</p>	<p><b>13</b> Tofu and Roasted Pork Stew</p> <p>Main Course + 123mg + 125mg + 3mg Total Sodium = 259mg Calories: 571kcal</p>	<p><b>14</b> Stir-fried Shrimp with Mayo</p> <p>Main Course + N/A + 125mg + 3mg Total Sodium = N/A Calories: N/A</p>	<p><b>8</b> Baked Chicken Thigh with Ginger and Scallion Sauce</p> <p>Main Course + 551*mg + 125mg + 3mg Total Sodium = 680mg Calories: 661kcal</p>
<p><b>18</b> Ham with Shiitake Mushroom</p> <p>Main Course + 632*mg Milk + 125mg Rice + 3mg Total Sodium = 760mg Calories: 517kcal</p>	<p><b>19</b> Baked Egg Patty with Shrimp</p> <p>Main Course + 957*mg + 125mg + 3mg Total Sodium = 1085*mg Calories: 520kcal</p>	<p><b>20</b> Pork Slices with Pickled Mustard Green</p> <p>Main Course + 509mg + 125mg Rice Noodles + 3mg Total Sodium = 638mg Calories: 610kcal</p>	<p><b>21</b> Soy-braised Chicken Thigh</p> <p>Main Course + 235mg + 125mg + 3mg Total Sodium = 364g Calories: 651kcal</p>	<p><b>15</b> Baked Chicken Wings with Crispy Garlic</p> <p>Main Course + 340mg + 125mg + 3mg Total Sodium = 468mg Calories: 699kcal</p>
<p><b>25</b></p> <p>Closed for the day <b>Memorial Day</b></p>	<p><b>26</b> Steamed Pork Dumpling</p> <p>Main Course + 968*mg + 125mg Total Sodium = 1093mg Calories: 477kcal</p>	<p><b>27</b> Pork Ribs with Garlic Sauce</p> <p>Main Course + N/A + 125mg + 3mg Total Sodium = N/A Calories: N/A</p>	<p><b>28</b> Steamed Fish Fillet with Garlic</p> <p>Main Course + 160mg + 125mg + 3mg Total Sodium = 289mg Calories: 503kcal</p>	<p><b>22</b> Pork Ribs with Black Bean Sauce</p> <p>Main Course + 923mg + 125mg + 3mg Total Sodium = 1052mg Calories: 714kcal</p>
				<p><b>29</b> Braised Beef Tendon with Radish</p> <p>Main Course + 656*mg Monthly Special + 125mg + 3mg Total Sodium = 656mg Calories: 1057kcal</p>

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.**



HAPPY MOTHER'S DAY

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.