

Nutrition Column

No Appetite?

Small Meals Can Still Help

It is common for older adults to have a lower appetite, especially during hot weather, illness, stress, or low-energy days. Eating too little for several days may lead to weakness, weight loss, and slower recovery.

When appetite is low, try **small, frequent meals** instead of three large meals. A few bites every few hours can still help.

Choose small but nourishing foods, such as:

- Egg, tofu, fish, chicken, or lean meat
- Milk, yogurt, or fortified soy milk
- Soup with meat, tofu, beans, or vegetables
- Oatmeal, congee, noodles, or rice with added protein
- Fruit with yogurt, cheese, or peanut butter

Healthy eating tip: Do not skip meals completely. Start small, include protein when possible, and drink enough fluids such as water, soup, milk, soy milk, or unsweetened tea.

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
June
2026

中華耆英會
營養計劃



June 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
1 Family-style Vegetarian Dish Main Course + 111mg Milk + 125mg Rice + 3mg Total Sodium = 239mg Calories: 577kcal	2 Baked Pork Slices with Pickled Greens Main Course + 387mg + 125mg + 3mg Total Sodium = 516mg Calories: 663kcal	3 Stir-fried Shrimp with Salt-spices Main Course + 957*mg + 125mg + 3mg Total Sodium = 1085mg Calories: 650kcal	4 Thai-style Baked Chicken Wings Main Course + N/A + 125mg + 3mg Total Sodium = N/A Calories: N/A	5 Steamed Fish Fillet with Goji and Wood ear Main Course + 142mg + 125mg + 3mg Total Sodium = 271mg Calories: 521kcal
8 Noodles with Minced Pork with Soy Bean Sauce Main Course + 435*mg Milk + 125mg Noodles + 252mg Total Sodium = 812mg Calories: 564kcal	9 Baked Egg Patty Main Course + 340mg + 125mg + 3mg Total Sodium = 468MG Calories: 689kcal	10 Baked Pork Chop with Onion Main Course + 460mg + 125mg + 3mg Total Sodium = 588mg Calories: 894kcal	11 Baked Fish Fillet with Italian Seasoning Main Course + 613*mg + 125mg + 3mg Total Sodium = 741mg Calories: 731kcal	12 Soy-braised Chicken Thigh Main Course + 235mg + 125mg + 3mg Total Sodium = 364mg Calories: 651kcal
15 Bubbhist Delight Main Course + 356mg Milk + 125mg Rice + 3mg Total Sodium = 485mg Calories: 465kcal	16 Stir-fried Pork Slices with Tomato Main Course + 936*mg + 125mg + 3mg Total Sodium = 1065mg Calories: 723kcal	17 Baked Chicken Thigh with Scallion and Ginger Sauce Main Course + 456mg + 125mg + 3mg Total Sodium = 585mg Calories: 785kcal	18 Eggplant Stew with Minced Pork Main Course + 160mg + 125mg + 3mg Total Sodium = 288mg Calories: 561kcal	19 Closed for the day Juneteenth
22 Black Pepper Chicken Lo Mien Main Course + 213mg Milk + 125mg Noodles + 252mg Total Sodium = 591mg Calories: 693kcal	23 Stir-fried Trio Main Course + 1121*mg + 125mg + 3mg Total Sodium = 1249mg High Sodium Calories: 627kcal	24 Stir-fried Chinese Sausage, bacon, broccoli and wood ear Main Course + 597*mg + 125mg + 3mg Total Sodium = 725mg Calories: 958kcal	25 Baked Pork Patty Main Course + 352mg + 125mg + 11mg Total Sodium = 480mg Calories: 653kcal	26 Mapo Tofu Stew with Minced Pork Main Course + 515*mg + 125mg + 3mg Total Sodium = 643mg Calories: 958kcal
29 Baked Pork Ribs with Pumpkin Main Course + 560*mg Milk + 125mg Rice + 3mg Total Sodium = 688mg Calories: 772kcal	30 Braised Pork Trotters Main Course + 892*mg + 125mg + 3mg Total Sodium = 1020mg Monthly Special 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.