

Nutrition Column

Preventing Malnutrition

Malnutrition Awareness Week is
September 14–18, 2026.

Malnutrition happens when the body does not get enough calories, protein, or other nutrients. Older adults may be at higher risk.

Watch for signs such as:

- Unplanned weight loss or poor appetite
- Weakness or unusual tiredness
- Slow wound healing
- Frequent illness

To support good nutrition:

- Include protein foods such as eggs, beans, fish, poultry, meat, and dairy.
- Try smaller, more frequent meals if eating a full meal is difficult.
- Stay active as you are able to help maintain muscle and strength.
- Talk with your healthcare provider or dietitian if you have ongoing weight loss or poor appetite.

For more information: Visit the ASPEN Malnutrition Solution Center at nutritioncare.org/malnutrition.

This article was provided by Dietitian Sophia Ding. If you have any questions, please call 617-357-0226

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.



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Greater Boston 中華耆英會
Chinese Golden Age Center



Greater Boston Chinese Golden Age Center

Nutrition Program

Monthly Menu September 2026

中華耆英會
營養計劃



September Monthly Menu

For questions and feedbacks, please call : 857-990-1775
Monday-Friday 9:00am- 5:00pm

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Spicy-boiled Fish Fillet Main Course + 426mg Milk + 125mg Rice + 3mg Total Sodium = 554mg Calories: 537kcal	2 Soy-braised Tofu Stew Main Course + 549*mg Milk + 125mg + 3mg Total Sodium = 678mg Calories: 702kcal	3 Baked Ham with Shiitake Mushroom Main Course + 632*mg + 125mg + 3mg Total Sodium = 760mg Calories: 517kcal	4 Salt-spice braised Chicken Thigh Main Course + 430mg + 125mg + 3mg Total Sodium = 559mg Calories: 827kcal
	7 Closed for the day Labor Day	9 Baked Fish Patty Main Course + 302mg + 125mg Rice + 3mg Total Sodium = 430mg Calories: 546kcal	10 Stir-fried Shrimp with Tomato Sauce Main Course + 884*mg + 125mg + 3mg Total Sodium = 1012mg Calories: 554kcal	11 Salt-spice Baked Chicken Wings Main Course + 493mg + 125mg + 3mg Total Sodium = 622mg Calories: 647kcal
14 Noodles with Minced Pork with Soy Bean Main Course + 435mg Milk + 125mg Noodles + 252mg Total Sodium = 812mg Calories: 520kcal	15 Baked Pork Chop with Onion Main Course + 460mg + 125mg Rice + 3mg Total Sodium = 588mg Calories: 894kcal	16 Baked Shrimp with Mayo Main Course + N/A + 125mg + 3mg Total Sodium = N/A Calories: N/A	17 Baked Pork Slices with Pickled Vegetable Main Course + 387mg + 125mg + 3mg Total Sodium = 516mg Calories: 663kcal	18 Soy-braised Chicken Wings Main Course + 235mg + 125mg + 3mg Total Sodium = 364mg Calories: 651kcal
21 Stir-fried Vegetarian Dish Main Course + 111mg Milk + 125mg Rice + 3mg Total Sodium = 239mg Calories: 577kcal	22 Baked Fish Patty Main Course + 302mg + 125mg + 3mg Total Sodium = 430mg Calories: 546kcal	23 Chinese-style BBQ Pork Slices Main Course + 512*mg + 125mg + 3mg Total Sodium = 640mg Calories: 791kcal	24 Pork Ribs with Black Bean Sauce Main Course + 923*mg + 125mg + 3mg Total Sodium = 1052mg Calories: 714kcal	25 Mapo-style Tofu with Minced Pork Main Course + 515*mg + 125mg + 3mg Total Sodium = 643mg Calories: 958kcal
28 Baked Egg Patty with Shrimp Main Course + 957*mg Milk + 125mg Rice + 3mg Total Sodium = 1085mg High Sodium Calories: 520kcal	29 Steamed Pork Slices with Pickled Mustard Green Main Course + N/Amg + 125mg + 3mg Total Sodium = N/Amg Monthly Special Calories: N/Akcal	30 Stir-fried Trio with Shrimp Main Course + 1121*mg + 125mg + 3mg Total Sodium = 1249mg High Sodium Calories: 627kcal		

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.

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

Client Not at Home Policy

For food safety and client well-being, meals cannot be left unattended if no one is home to receive them. If you have any special delivery instructions or changes, please contact us or your case manager in advance.



* indicates higher sodium items > 500 mg 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.

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.