

Nutrition Column

Fun Facts About Fall Foods

Pumpkin, Sweet Potato, and Pear:
Learn the different varieties, nutrition benefits, and helpful tips.

Pumpkin



Butternut Squash Sweet and delicate
Acorn Squash Mildly sweet and nutty
Kabocha Soft, dense, and sweet
Sugar Pumpkin Sweet and tender

Common Varieties: Butternut Squash, Acorn Squash, Kabocha, Sugar Pumpkin

Nutrition Benefits: Rich in beta-carotene, fiber, and potassium to support eye health, immunity, and digestive health.

Helpful Tip: Pumpkin is a starchy vegetable. If eaten with rice, congee, or noodles, be mindful of the total portion.

Sweet Potato



Orange-fleshed Sweet and moist
White-fleshed Drier, lighter sweetness
Purple sweet potato Dense and mildly sweet

Common Varieties: Orange-fleshed, White-fleshed, Purple sweet potato

Nutrition Benefits: Provides beta-carotene, vitamins A and C, fiber, and potassium to support digestive health and immunity.

Helpful Tip: Sweet potato is a starchy food. If eaten with rice, congee, or snacks, pay attention to the overall portion.

Pear



Bartlett Soft and juicy
Bosc Firm and mildly sweet
Anjou Tender and juicy
Asian Pear Crisp and refreshing

Common Varieties: Bartlett, Bosc, Anjou, Asian Pear

Nutrition Benefits: Contains fiber, vitamin C, and water to help support digestive health and regularity.

Helpful Tip: Eating the peel adds more fiber. For those with chewing difficulties, pears can be peeled, cut into small pieces, or cooked until soft.

Eat in season • Eat healthy • Enjoy life
Graphic created by ChatGPT. Content by a dietitian.

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



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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 October 2026

中華耆英會
營養計劃



October 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
				
5 Baked Pork Slices with Pickled Mustard Green Main Course + 213mg Milk + 125mg Noodle + 252mg Total Sodium = 591mg Calories: 693kcal	6 Yu-Shiang Eggplant with Minced Pork Main Course + 160mg + 125mg Rice + 3mg Total Sodium = 288mg Calories: 561kcal	7 Stir-fried Shrimp with Pineapple Main Course + 763*mg + 125mg + 3mg Total Sodium = 892mg Calories: 571kcal	1 Stir-fried Pork and Chinese Sausage Main Course + 478mg + 125mg Rice + 3mg Total Sodium = 606mg Calories: 681kcal	2 Baked Chicken Wings Main Course + 647*mg + 125mg + 3mg Total Sodium = 776mg Calories: 791kcal
12 Closed for the day Columbus Day	13 Baked Fish Fillet with Sour Pickles Main Course + 141mg + 125mg Rice + 3mg Total Sodium = 270mg Calories: 515kcal	14 Sugar and Vinegar Flavored Pork Ribs Main Course + 356mg + 125mg + 3mg Total Sodium = 485mg Calories: 788kcal	8 Baked Egg Patty Main Course + 340mg + 125mg + 3mg Total Sodium = 468mg Calories: 689kcal	9 Soy-braised Tofu Main Course + 549*mg + 125mg + 3mg Total Sodium = 678mg Calories: 702kcal
19 Lo Mien w/ Minced Pork in marinara Sauce Main Course + 171mg Milk + 125mg Noodle + 252mg Total Sodium = 549mg Calories: 660kcal	20 Shiitake Mushroom, Tofu, Bak Choy Stew Main Course + N/A + 125mg Rice + 3mg Total Sodium = N/A Monthly Special Calories: N/A	21 Stir-fried Shrimp with Salt and Pepper Main Course + 736*mg + 125mg + 3mg Total Sodium = 864mg Calories: 464kcal	15 Baked Pork Patty Main Course + 352mg + 125mg + 3mg Total Sodium = 480mg Calories: 653kcal	16 Mixed Seafood Stir-fry Main Course + 601mg + 125mg + 3mg Total Sodium = 729mg Calories: 442kcal
26 Buddha's Delight Main Course + 356mg Milk + 125mg Rice + 3mg Total Sodium = 485mg Calories: 465kcal	27 Baked Chicken Wings with Crispy Garlic Main Course + 340mg + 125mg Rice + 3mg Total Sodium = 468mg Calories: 699kcal	28 Braised Pig Feet Main Course + 892mg + 125mg + 3mg Total Sodium = 1020mg Calories: 813kcal	22 Baked Fish Fillet with Sacha Sauce Main Course + 550*mg + 125mg + 3mg Total Sodium = 678mg Calories: 476kcal	23 Baked Chicken Thigh with Ginger Powder Main Course + 312mg + 125mg + 3mg Total Sodium = 440mg Calories: 701kcal
			29 Tofu and Shrimp Stew Main Course + 606*mg + 125mg + 3mg Total Sodium = 734mg Calories: 523kcal	30 Baked Fish Fillet with Garlic Main Course + 160mg + 125mg + 3mg Total Sodium = 289mg Calories: 503kcal

* 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.

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.

