

Highland Valley Elder Services Community Dining Menu - July 2019

The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><u>CHOICE: Chicken Salad</u> Beef Pot Pie (90) Steamed Green Beans (0) Whipped Potatoes (276) Biscuit Topping (243) Chilled Mixed Fruit (9)</p>  <p>Cal: 689 Sodium: 743 Carb: 75</p>	<p>2</p> <p>HIGH SODIUM DAY</p> <p><u>CHOICE: Chicken Salad</u> Chicken Parmigiana** (755) Steamed Peas (124) Spaghetti Noodles (1) Honey Wheat Bread (202) Chilled Pears (5)</p>  <p>Cal: 710 Sodium: 1212 Carb: 104</p>	<p>3</p> <p><u>CHOICE: Chicken Salad</u> Reduced Sodium Hot Dog** (590) Vegetarian Baked Beans (174) Creamy Coleslaw (56) Hot Dog Roll (210) #Patriotic Jell-o w/ Whipped Topping (40)</p> <p>Cal: 732 Sodium: 1194 Carb: 78</p>	<p>4</p> <p>NO MEALS</p> 	<p>5</p> <p><u>CHOICE: Chicken Salad</u> Turkey Salad Cold Plate** (631) Lettuce, Tomato, Cucumber (7) Three Bean Salad (123) Wheat Dinner Roll (160) Fresh Fruit (7)</p> <p>Cal: 624 Sodium: 1053 Carb: 52</p>
<p>8</p> <p><u>CHOICE: Fish Sandwich w/ Tartar Sauce</u> Salisbury Steak w/ Gravy (209) Steamed Spinach (120) Whipped Potatoes (276) Honey Wheat Bread (202) Fresh Fruit (0)</p>  <p>Cal: 588 Sodium: 932 Carb: 73</p>	<p>9</p> <p><u>CHOICE: Fish Sandwich w/ Tartar Sauce</u> Cheese & Chive Quiche (388) Steamed Broccoli (11) Oven Brown Potatoes (38) Blueberry Muffin (160) SunBoxed Raisins (4)</p>  <p>Cal: 913 Sodium: 726 Carb: 115</p>	<p>10</p> <p><u>CHOICE: Fish Sandwich w/ Tartar Sauce</u> Chicken Cacciatore** (546) Roasted Zucchini & Summer Squash (8) Steamed Brown Rice (26) Honey Wheat Bread (202) Chilled Peaches (5)</p> <p>Cal: 593 Sodium: 912 Carb: 93</p>	<p>11</p> <p><u>CHOICE: Fish Sandwich w/ Tartar Sauce</u> Seafood Salad Cold Plate** (627) Lettuce, Tomato, Cucumber (7) Marinated Vegetable & Pasta Salad (125) Whole Wheat Pita Bread (72) Chilled Applesauce (24)</p> <p>Cal: 659 Sodium: 980 Carb: 86</p>	<p>12</p> <p><u>CHOICE: Fish Sandwich w/ Tartar Sauce</u> Roast Turkey w/ Gravy (472) Cranberry Sauce (17) California Blend (24) Red Bliss Potatoes (6) Wheat Dinner Roll (160) #Vanilla Pudding w/ Whipped Topping (190)</p> <p>Cal: 685 Sodium: 1000 Carb: 112</p>
<p>15</p> <p><u>CHOICE: Chef Salad(Chickpeas, egg, cheese)</u> Meatball Stroganoff** (589) Italian Blend (52) Penne Noodles (1) French Bread (256) Mandarin Oranges (17)</p> <p>Cal: 715 Sodium: 1039 Carb: 103</p>	<p>16</p> <p><u>CHOICE: Chef Salad(Chickpeas, egg, cheese)</u> Egg Salad Cold Plate (186) Lettuce, Tomato, Cucumber (7) Carrot Raisin Salad (89) Wheat Dinner Roll (160) Fresh Fruit (2)</p>  <p>Cal: 698 Sodium: 614 Carb: 77</p>	<p>17</p> <p><u>CHOICE: Chef Salad(Chickpeas, egg, cheese)</u> Yankee Pot Roast w/ Gravy (42) ☺ Butternut Squash (5) Whipped Potatoes (276) Honey Wheat Bread (202) #Strawberry Cup (0)</p> <p>Cal: 578 Sodium: 649 Carb: 85</p>	<p>18</p> <p><u>CHOICE: Chef Salad(Chickpeas, egg, cheese)</u> Chicken Marsala (433) Steamed Corn (0) Sweet Potato (62) Oatmeal Bread (142) #Birthday Cake (372)</p>   <p>Cal: 900 Sodium: 1179 Carb: 130</p>	<p>19</p> <p><u>CHOICE: Chef Salad(Chickpeas, egg, cheese)</u> Oven Baked Fish w/ Tartar Sauce (393) Steamed Green Beans (0) Au Gratin Potatoes (172) Honey Wheat Bread (202) Chilled Pineapple Chunks (10)</p> <p>Cal: 782 Sodium: 902 Carb: 89</p>
<p>22</p> <p>HIGH SODIUM DAY</p> <p><u>CHOICE: Meatball Grinder</u> Barbeque Chicken Drumsticks (783) Mixed Vegetables (55) Rice Pilaf (8) Cherry Muffin (240) Chilled Peaches (5)</p>  <p>Cal: 710 Sodium: 1216 Carb: 100</p>	<p>23</p> <p><u>CHOICE: Meatball Grinder</u> Chef Salad (Ham, Cheese, Egg) (400) Lettuce, Tomato, Cucumber (7) Red Potato Salad (96) Pumpernickel Bread (135) Blueberry Yogurt (75)</p> <p>Cal: 638 Sodium: 838 Carb: 75</p>	<p>24</p> <p><u>CHOICE: Meatball Grinder</u> Roast Pork w/ Gravy (60) Steamed Peas (124) Homemade Stuffing (294) Honey Wheat Bread (202) Chilled Applesauce (24)</p> <p>Cal: 767 Sodium: 828 Carb: 99</p>	<p>25</p> <p><u>CHOICE: Meatball Grinder</u> Savory Meatloaf w/ Gravy (179) Steamed Corn (0) Whipped Potatoes (276) Wheat Dinner Roll (160) #Chocolate Pudding w/ Whipped Topping (170)</p> <p>Cal: 771 Sodium: 909 Carb: 108</p>	<p>26</p> <p><u>CHOICE: Meatball Grinder</u> Fish Sandwich w/ Tartar Sauce (423) Steamed Carrots (78) Oven Brown Potatoes (38) Hamburger Roll (230) Fresh Fruit (1)</p>  <p>Cal: 885 Sodium: 895 Carb: 120</p>
<p>29</p> <p><u>CHOICE: Ham & Cheese Grinder</u> Chicken w/ Gravy (329) Cranberry Sauce (17) Brussel Sprouts (8) Whipped Potatoes (276) Honey Wheat Bread (202) Chilled Pears (5)</p>  <p>Cal: 584 Sodium: 963 Carb: 91</p>	<p>30</p> <p><u>CHOICE: Ham & Cheese Grinder</u> Oven Baked Fish w/ Tartar Sauce (373) Steamed Broccoli (11) Oven Brown Potatoes (38) Wheat Dinner Roll (160) #Lemon Pudding w/ Whipped Topping (161)</p> <p>Cal: 679 Sodium: 868 Carb: 95</p>	<p>31</p> <p><u>CHOICE: Ham & Cheese Grinder</u> Cheeseburger (292) Lettuce & Tomato (2) California Blend (24) Hamburger Roll (230) #Apple Crisp (60)</p>  <p>Cal: 657 Sodium: 733 Carb: 78</p>	 <p>Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Substitute *Higher Sodium Item (>500mg) ☺ Local Produce 🌿 Vegetarian</p> 	

Funding sources include The City of Northampton Community Development Block Grant and the City of Westfield Community Development Block Grant
 Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (), all meals include milk w/ 125 mg sodium.
 If you have a special concern regarding the menu, contact the Nutritionist at 413-588-5752 for guidance on managing your intake to meet your dietary requirements.

