

Para cancelaciones de comidas o preguntas sobre sus comidas, Llame a su sitio de las 11:30am día anterior. (413) 733-7894

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
<p>Donación sugerida, confidencial y voluntaria de \$ 2 por comida.</p> <p>Abreviación: Cal= Calorías Carb= Carbohidrato Na= El contenido de sodio</p>		<p>1 Comida Fría Ensalada de Atún(476) Tossed Salad w/Ranch(122) Citrus Carrot Salad(36) Whole Wheat Bread(150) Raisins(4) Cal:689 Carb:73 Na:913</p>		<p>3 Pernil(470) California Blend Veg(31) Arroz con Gandules(32) Multigrain Bread(200) Chilled Applesauce(9) Cal:884 Carb:104 Na:983</p>
<p>6 Asopao de Pollo(453) Italian Blend Veg(19) Oatnut Bread(150) Chilled Pineapple(1) Cal:835 Carb:126 Na:763</p>		<p>8 Pollo Estilo Indio(457) Steamed Spinach (188) White Rice(4) Buttermilk Biscuit(131) Mandarin Oranges(7) Cal:798 Carb:94 Na:927</p>		<p>10 Comida del Día de la Madre Rostizado con Salsa(123) Tossed Salad w/Italian(121) Garlic Mashed Potatoes(117) Whole Wheat Bread(150) Brownie(162)Diet Cookie(70) Cal:916 Carb:103 Na:687</p>
<p>13 Arroz con Pollo*(511) California Blend Veg(17) Biscuit (170) Pear Crisp(79) Cal:690 Carb:86 Na:918</p>		<p>15 Tacos de Pavo(347) Tossed Salad w/ Ranch (122) Yellow Rice(29) Sour Cream Tortilla Chips(115) Chilled Pineapple(6) Cal:778 Carb:70 Na:754</p>		<p>17 Chicken Marsala (527) Steamed Broccoli (9) Parslied Penne (9) Whole Wheat Roll (210) Raisins (4) Cal:622 Carb:92 Na:902</p>
<p>20 "Lazy" Stuffed Cabbage(135) Peas & Onions(42) Whole Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12) Cal:625 Carb:69 Na:533</p>		<p>22 Comida Fría Ensalada de Chef*(558)w/Italian(119) Ham & Turkey Celery Salad(75) Whole Wheat Bun(210) Chilled Peaches(6) Cal:567 Carb:57 Na:1109</p>		<p>24 Estofado de Pescado con Coco(142) Parslied Carrots(62) White Rice(4) Whole Wheat Bread(150) Reg(70)/Diet(70) Cookie Cal:592 Carb:82 Na:499</p>
<p>27 Sin Servicio de Comidas Totales incluyen 1 leche baja en grasa de 8 oz (no incluida en la lista) que contiene 100mg sodio y margarina que contiene 15mg sodio.</p>		<p>29 MEMORIAL DAY BBQ Hamburger con Queso(422) Coleslaw(122) Onions & Mushrooms(96) Wheat Burger Bun(330) Reg(70)/Diet Cookies(70) Cal:676 Carb:76 Na:1179</p>		<p>31 COMIDA DE CUMPLEAÑOS DE MAYO Pavo con Salsa(355) Parslied Carrots(62) Mashed Potatoes(46) Whole Wheat Bread(150) Reg(240)/Diet Cupcake(166) Cal:650 Carb:88 Na:993</p>

For Reservations or Cancellations call (413) 733-7894 by 11:30 a.m. one business day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested voluntary donation \$2 Menu subject to change with no notice Key for Symbols: Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(>500mg)</p>		<p>1 COLD PLATE Tuna Salad(476) Tossed Salad w/Ranch(122) Citrus Carrot Salad(36) Whole Wheat Bread(150) Raisins(4) Cal:689 Carb:73 Na:913</p>		<p>3 Pernil(470) California Blend Veg(31) Arroz con Gandules(32) Multigrain Bread(200) Chilled Applesauce(9)</p>
				<p>Cal:884 Carb:104 Na:983</p>
<p>6 Asopao de Pollo(453) Italian Blend Veg(19) Oatnut Bread(150) Chilled Pineapple(1)</p>		<p>8 Indian Style Butter Chicken(457) Steamed Spinach (188) White Rice(4) Buttermilk Biscuit(131) Mandarin Oranges(7)</p>		<p>10 Mother's Day Meal Pot Roast w/Gravy(123) Tossed Salad w/Italian(121) Garlic Mashed Potatoes(117) Whole Wheat Bread(150) Brownie(162)Diet Cookie(70)</p>
<p>Cal:835 Carb:126 Na:763</p>		<p>Cal:798 Carb:94 Na:927</p>		<p>Cal:916 Carb:103 Na:687</p>
<p>13 Arroz con Pollo*(511) California Blend Veg(17) Biscuit (170) Pear Crisp(79)</p>		<p>15 Turkey Tacos(347) Tossed Salad w/ Ranch (122) Yellow Rice(29) Sour Cream Tortilla Chips(115) Chilled Pineapple(6)</p>		<p>17 Chicken Marsala (527) Steamed Broccoli (9) Parslied Penne (9) Whole Wheat Roll(210) Raisins(4)</p>
<p>Cal:690 Carb:86 Na:918</p>		<p>Cal:778 Carb:70 Na:754</p>		<p>Cal:622 Carb:92 Na:902</p>
<p>20 "Lazy" Stuffed Cabbage (135) Peas & Onions(42) Whole Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12)</p>		<p>22 COLD PLATE Ensalada de Chef*(558)w/Italian(119) Ham & Turkey Celery Salad(75) Whole Wheat Bun(210) Chilled Peaches(6)</p>		<p>24 Estofado de Pescado con Coco(142) Parslied Carrots(62) White Rice(4) Whole Wheat Bread(150) Reg(70)/Diet(70) Cookie</p>
<p>Cal:625 Carb:69 Na:533</p>		<p>Cal:567 Carb:57 Na:1109</p>		<p>Cal:592 Carb:82 Na:499</p>
<p>27 HOLIDAY- NO MEALS Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).</p>		<p>29 MEMORIAL DAY BBQ Hamburger w/Cheese(422) Coleslaw(122) Onions & Mushrooms(96) Wheat Burger Bun(330) Reg(70)/Diet Cookies(70)</p>		<p>31 MAY BIRTHDAY MEAL Turkey w/Gravy(355) Parslied Carrots(62) Mashed Potatoes(46) Whole Wheat Bread(150) Reg(240)/Diet Cupcake(166)</p>
		<p>Cal:676 Carb:76 Na:1179</p>		<p>Cal:650 Carb:88 Na:993</p>

Start *simple*
with **MyPlate**



Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.