

For Reservations or Cancellations call by 11:30 a.m. (413) 245-7253 one business day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change without notice. Suggested voluntary donation \$2/meal	If you have a special concern regarding sodium, call GSSSI 781-8806 X 1136 for more information. Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).	1	2 Meatloaf w/Mushroom Gravy(361) Herbed Green Beans(3) Mashed Potatoes(26) Whole Wheat Bread(150) Sugar Cookie(55)/Diet Cookie(55)	3
			Cal:612 Carb:73 Na:735	
6 Key for Symbols: Na: Sodium *Higher sodium item(>500mg) Cal= Calories Sodium (mg) Carb= Carbs/Carbs with Low Carb Dessert	7 Herbed Salmon(281) Green Beans(5) Roasted Red Bliss Potatoes(6) Whole Wheat Bread(150) Fresh Fruit(4)	8	9 Sloppy Joe(315) Potato Salad(214) Sun Chips(110) Wheat Hamburger Bun(230) Reg(53)/Diet Jello(35) w/Topping(12)	10
	Cal:627 Carb:96 Na:584		Cal:795 Carb:94/79 Na:1056	
13	14 Tuna Noodle Casserole(360) Parslied Carrots(62) Whole Wheat Bread(150) Fresh Fruit(0)	15	16 Steak and Cheese Sandwich*(658) Onions & Peppers(4) Roasted Red Bliss Potatoes(6) Hot Dog Bun(210) Reg/Diet Cookies(85)	17
	Cal:572 Carb:80 Na:711		Cal:691 Carb:78 Na:1097	
20	21 Swedish Meatballs(324) Summer Blend Veg(50) Egg Noodles(5) Oatnut Bread(150) Fresh Fruit(0)	22	23 HIGH SODIUM DAY Hot Dog w/Bun*(750) Broccoli Slaw(117) Baked Beans(213) Ketchup(82)/Mustard(55) Tropical Fruit(10)	24
	Cal:859 Carb:100 Na:668		Cal:770 Carb:80 Na:1413	
27 HOLIDAY- NO MEALS	28 Breakfast Sausage(390) Spiced Apples(24) Syrup(23) Potatoes O'Brien(34) Mini Maple Chip Waffles(170) Fresh Fruit(2)	29	30 MEMORIAL DAY BBQ/BDAY LUNCH HIGH SODIUM DAY Hamburger w/ Chz(422) Coleslaw(122) Onions & Mushrooms(96) Wheat Burger Bun(330) Birthday Cake w/ Frosting (330)	31
	Cal:656 Carb:101 Na:783		Cal:906 Carb:104 Na:1439	

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.