

For Reservations or Cancellations call (413) 566-5588 by 11:30 a.m. one business day in advance.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| <p>Menu subject to change without notice. Suggested voluntary donation \$2/meal Key for Symbols: Na: Sodium *Higher sodium item(>500mg) Cal= Calories Sodium (mg) Carb= Carbs/Carbs with Low Carb Dessert</p> | <p>If you have a special concern regarding sodium, call GSSSI 781-8806 X 1136 for more information.</p> <p>Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).</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>2 Meatloaf w/Mushroom Gravy(361) Herbed Green Beans(3) Mashed Potatoes(26) Whole Wheat Bread(150) Sugar Cookie(55)/Diet Cookie(55) Cal:612 Carb:73 Na:735</p> | <p>3 Braised Pork(470) California Blend Veg(31) Yellow Rice and Beans(32) Multigrain Bread(200) Chilled Applesauce(9) Cal:884 Carb:104 Na:983</p> |
| <p>6 Cheese Lasagna w/Meat Sauce*(639) Italian Blend Veg(19) Oatnut Bread(150) Chilled Pineapple(1) Cal:745 Carb:98 Na: 950</p> | <p>7 Herbed Salmon(281) Green Beans(5) Roasted Red Bliss Potatoes(6) Whole Wheat Bread(150) Fresh Fruit(4) Cal:627 Carb:96 Na:584</p> | <p>8 Indian Style Butter Chicken(457) Steamed Spinach (188) White Rice(4) Buttermilk Biscuit(131) Mandarin Oranges(7) Cal:798 Carb:94 Na:927</p> | <p>9 Sloppy Joe(315) Potato Salad(214) Sun Chips(110) Wheat Hamburger Bun(230) Reg(53)/Diet Jello(35) w/Topping(12) Cal:795 Carb:94/79 Na:1056</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) Cal:916 Carb:103/75 Na:687</p> |
| <p>13 Chicken Pot Pie(269) California Blend Veg(17) Biscuit Topping(170) Pear Crisp(79) Cal:609 Carb:65 Na:676</p> | <p>14 COLD PLATE Cape Cod Chicken Salad Celery Salad Red Bliss Potato Salad Oatmeal Bread Diet Cookies Cal:791 Carb:79 Na:897</p> | <p>15 Turkey Taco Plate(374) Tossed Salad w/Ranch(122) Yellow Rice(20) Sour Cream(9) Tortilla Chips(115) Chilled Pineapple(6) Cal:778 Carb:70 Na:754</p> | <p>16 Steak and Cheese Sandwich*(658) Onions & Peppers(4) Roasted Red Bliss Potatoes(6) Hot Dog Bun(210) Reg/Diet Cookies(85) Cal:691 Carb:78 Na:1097</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>21 Swedish Meatballs(324) Summer Blend Veg(50) Egg Noodles(5) Oatnut Bread(150) Fresh Fruit(0) Cal:859 Carb:100 Na:668</p> | <p>22 COLD PLATE Chef Salad*(558) w/ Italian(119) Ham & Turkey Celery Salad(75) Whole Wheat Bun(210) Chilled Peaches(6) Cal:567 Carb:57 Na:1109</p> | <p>23 HIGH SODIUM DAY Hot Dog w/Bun*(750) Broccoli Slaw(117) Baked Beans(213) Ketchup(82)/Mustard(55) Tropical Fruit(10) Cal:770 Carb:80 Na:1413</p> | <p>24 Lemon Chicken(209) Parslied Carrots(62) Roasted Red Bliss Potatoes(6) Whole Wheat Bread(150) Reg(70)/Diet(70) Cookie Cal:635 Carb:81/67 Na:575</p> |
| <p>27 HOLIDAY- NO MEALS</p> | <p>28 Breakfast Sausage(390) Spiced Apples(24) Syrup(23) Potatoes O'Brien(34) Mini Maple Chip Waffles(170) Fresh Fruit(2) Cal:656 Carb:101 Na:783</p> | <p>29 MEMORIAL DAY BBQ Hamburger w/Chz(422) Coleslaw(122) Onions & Mushrooms(96) Wheat Burger Bun(330) Reg(70)/Diet Cookies(70) Cal:676 Carb:76 Na:1179</p> | <p>30 Butter Crumb Fish(296) Steamed Broccoli(9) Lemon Rice(19) Tartar Sauce(130) WW Bread(150) Applesauce(14) Cal:633 Carb:79 Na:810</p> | <p>31 BIRTHDAY LUNCH Turkey w/Gravy(355) Parslied Carrots(62) Mashed Potatoes(46) Whole Wheat Bread(150) Reg(240)/Diet Cupcake(166) 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.