



**Highland Valley Elder Services Community Dining Menu - October 2021**  
 The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Key for Symbols:</b> Cal: Calories Carb: Carbohydrates (am) Sodium (mg) # Diabetic Substitute **Higher Sodium Item (>500mg) ☺ Local Produce 🌿 Vegetarian			
<b>4 HIGH SODIUM DAY</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Chicken Parmesan** (756) Pasta (1) Marinara Sauce (258) Roasted Broccoli (9) #Vanilla pudding (197)  <b>Cal: 665 Sodium: 1345 Carb: 87</b>	Egg Salad Cold Plate (290) Lettuce/Tomato/Cucumber (7) Potato Salad (135) Pumpnickel Bread (135) Diced Pears (5)  <b>Cal: 873 Sodium: 697 Carb: 70</b>	Breaded Catfish Strips (352) Rice Pilaf (356) Mixed Vegetables (55) Green Beans (3) #Fruited Gelatin w/ Whip Topping (40) Tartar Sauce (261)  <b>Cal: 799 Sodium: 1193 Carb: 91</b>	Pork Choppette w/Gravy** (588) Roasted Beets (26) Roasted Sweet Potato (54) Dinner Roll (210) Applesauce (15)  <b>Cal: 567 Sodium: 893 Carb: 69</b>	Cheeseburger (292) on a bun (230) Lettuce and Tomato (21) Vegetarian Baked Beans (140) German Potato Salad (5) Yoqurt (75)  <b>Cal: 870 Sodium: 889 Carb: 112</b>
<b>11 NO MEALS</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15 HIGH SODIUM DAY</b>
	Chicken Fajitas (153) Onion, Green and Red Pepper Blend (43) Corn (1) Shredded Cheese (185) Rice and Beans (70) ☺ Fresh Fruit (1)  <b>Cal: 769 Sodium: 580 Carb: 103</b>	Beef Meatloaf with Gravy (286) Whipped Potatoes (126) Winter Blend Vegetables (43) Dinner Roll (210) #Tapioca Pudding (189)  <b>Cal: 823 Sodium: 979 Carb: 95</b>	Ham and Swiss** (633) on Grinder Roll (218) Lettuce and Tomato (2) Cole Slaw (56) Potato Chips (80) Pineapple Tidbits (10)  <b>Cal: 819 Sodium: 1179 Carb: 99</b>	Pizza** (618) w/sausage (320) Garlic Green Beans (3) Minestrone Soup (146) #Birthday Cake (286)  <b>Cal: 939 Sodium: 1499 Carb: 99</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
🌿 Macaroni and Cheese (334) Stewed Tomatoes (446) California Blend Vegetables (24) Dinner Roll (210) #Gelatin w/ Whip Topping (41)  <b>Cal: 848 Sodium: 1181 Carb: 112</b>	🌿 Quiche, Spinach and Cheese (385) Scalloped Potatoes (51) Warm Peach Compote (8) Rye Bread (150)  <b>Cal: 820 Sodium: 719 Carb: 132</b>	Chicken w/Orange Sauce** (752) Brown Rice (84) Broccoli (9) Oriental Blend Vegetables (27) ☺ Fresh Fruit (1)  <b>Cal: 795 Sodium: 999 Carb: 115</b>	Roasted Turkey w/Gravy (494) Stuffing (279) Green Beans (0) ☺ Butternut Squash (36) Cranberry Orange Snack n Loaf (120)  <b>Cal: 729 Sodium: 1055 Carb: 99</b>	Taco Salad (327) Shredded Cheese (185) Lettuce and Tomato (13) Tortilla Chips (46) Corn Relish (72) Mixed Fruit (7)  <b>Cal: 944 Sodium: 777 Carb: 94</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Fish, Florentine Style (347) Buttered Noodles (13) Carrots (77) Florentine Spinach (136) French Bread (256) #Lemon Pudding (200)  <b>Cal: 803 Sodium: 1155 Carb: 122</b>	Yankee Pot Roast w/Gravy (86) Whipped Potatoes (276) Roasted Brussel Sprouts (12) Applesauce (24) Oatmeal Bread (142)  <b>Cal: 548 Sodium: 664 Carb: 68</b>	🌿 Cottage Cheese w/Peaches cold plate (275) Broccoli Raisin Salad (38) Dinner Roll (210) Orange Juice (5) #Fruit Crunch Bar (80)  <b>Cal: 809 Sodium: 773 Carb: 113</b>	Grilled Chicken Breast (320) on a bun (230) Lettuce and Tomato (2) Lentil Soup (158) California Blend Vegetables (24) Diced Pears (5)  <b>Cal: 726 Sodium: 864 Carb: 112</b>	 Beef & Bean Chili (340) Roasted Potatoes (38) Corn Bread (454) Fresh Fruit (0)  <b>Cal: 771 Sodium: 957 Carb: 104</b>

# Understanding Osteoporosis

Osteoporosis is a disease that consists of weakened bones and increased fracture risk. It's sometimes called a "silent disease" with few, if any, noticeable changes to your health to indicate you have it. In fact, the first indication of osteoporosis often is when a bone breaks.

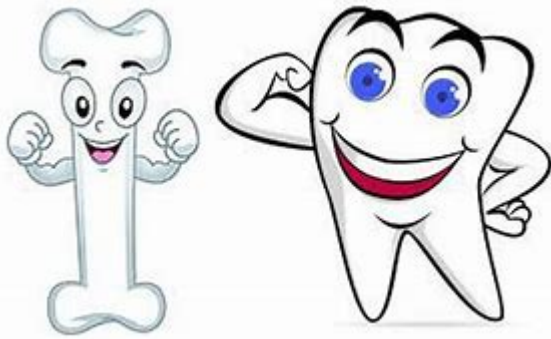


Although it can strike at any age, osteoporosis mostly occurs in people over age 50. According to the National Osteoporosis Foundation, half of women and one in four men over the age of 50 will break a bone due to osteoporosis.

Taking steps to build bone health while you are young can literally make or break what will happen to your bones as you age. However, at every age, a healthful diet and regular weight-bearing exercise are important, helping to ensure bone tissue continues to build.

## Bone Health and Diet

Bones may seem dry and dull, but they are far from it. They are constantly under construction; certain cells break down bone tissue and other cells use the calcium and nutrients from foods you eat to build new bone. If you are not physically active or getting the nutrition you need, bones will suffer — becoming less dense, weaker and more likely to fracture.



## Bone-Building Nutrients

Calcium, the major nutrient needed to form new bone cells, is vital for bone health. Bones store more than 99% of the calcium in your body. Some calcium-rich foods include milk, yogurt and cheese, and calcium-fortified soy milk and fruit juice. Other good sources include soybeans, dark green leafy vegetables and calcium-fortified tofu.

Calcium needs for older adults:  
Adults ages 19 to 50 need at least 1,000 milligrams of calcium a day.

Women over age 50 and men over age 70 need at least 1,200 milligrams of calcium a day.

Calcium cannot build bones alone. It works with other nutrients including vitamin D, vitamin K, potassium and magnesium to increase bone density and strength.

## Foods vs. Supplements

Supplements can't duplicate what foods offer naturally. If you are not able or prefer not to drink milk, make sure you're eating plenty of non-dairy calcium-rich and calcium-fortified foods and beverages. Consult with your doctor about taking a calcium supplement with vitamin D, especially if you are a woman in menopause or post-menopause.

Home Delivered Meals
Amherst - 413-259-3164
Easthampton - 413-727-3281
Hadley - 413-584-6784
Hatfield - 413-727-3281
Huntington - 413-727-3281
Middlefield - 413-584-6784
Northampton - 413-584-6784
Pelham - 413-259-3164
Southwick - 413-569-0410
Westfield - 413-562-0249
Williamsburg - 413-727-3281

Community Dining Centers
Amherst - 413-259-3164
Chester - 413-354-7735
Easthampton - 413-527-6151
Hadley - 413-586-4023
Hatfield - 413-247-9003
Middlefield - 413-623-9990
Northampton - 413-584-6784
Russell - 413-530-3979
Southwick - 413-569-0410
Washington House - 413-562-0249
Williamsburg - 413-268-8407

Meal reservations/cancellations MUST be made 48 hrs. in advance.  
For information about the meals program,  
please call your local Community Dining Center.