

Highland Valley Elder Services Menu -August 2026

The suggested donation is \$4.00 per meal. Thank you for investing in this resource!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 C: 🍷🍷🍷 Cheese Lasagna (314) 🍷 Fish Sandwich (544) ** Tartar Sauce (153) Green Beans (3) Carrots (64) Mixed Fruit (5) Cal: 746 Sodium: 893 Carb: 81		4 C:🍷🍷🍷 Egg Salad (233) 🍷🍷 Mediterranean Salad w/ Farro (263) Roasted Chickpeas (140) ☺️ Dill Potato Salad (135) Chilled Pears (4) Cal: 733 Sodium: 667 Carb: 95		5 C: 🍷🍷🍷 Cheese Lasagna (314) Italian Sausage, Pepper, Onions, Tomatoes (218) 🍷 Pasta (8) Corn (1) 🍷🍷 Cheesy Garlic Bread (419) Applesauce (15) Cal: 715 Sodium: 786 Carb: 89		6 C: 🍷🍷🍷 Cheese Lasagna (314) 🍷🍷 Chicken Parm (238) 🍷 Pasta (8) Broccoli & Cauliflower (23) ☺️ Yellow Squash (5) ☺️ Fresh Fruit (2) Cal: 713 Sodium: 400 Carb: 85		7 C: 🍷🍷🍷 Cheese Lasagna (314) 🍷🍷 Meatloaf & Gravy (233) 🍷 Mashed Potatoes (56) Green Peas (66) Butternut Squash (52) Chilled Peaches (5) Cal: 751 Sodium: 537 Carb: 97	
10 C: 🍷🍷🍷 Mac & Cheese (242) 🍷 Roasted Chicken & Gravy (244) ☺️ Roasted Potatoes (18) Broccoli (9) Carrots (64) Chilled Pineapple (1) Cal: 737 Sodium: 460 Carb: 69		11 C: 🍷🍷🍷 Mac & Cheese (242) 🍷 Cheeseburger (149) 🍷 Bun (200) Sweet Potato (26) Capri Blend (20) 🍷 Ambrosia (10) Cal: 791 Sodium: 531 Carb: 92		12 C: Chicken Salad (234) Seafood Salad (190) 🍷 2 Slices Oat Bread (250) Coleslaw (15) Three Bean Salad (69) 🍷🍷 #Oatmeal Raisin Cookie (134) Cal: 799 Sodium: 784 Carb: 97		13 C: 🍷🍷🍷 Mac & Cheese (242) 🍷 Chicken Curry (103) Steamed Rice (4) Stir Fry Blend (6) Broccoli (9) Mixed Fruit (5) Cal: 701 Sodium: 252 Carb: 80		14 C: 🍷🍷🍷 Mac & Cheese (242) Honey Glazed Salmon (115) Lemon Herb Millet (4) ☺️ Zucchini & Yellow Squash (7) Green Beans (3) ☺️ Fresh Fruit (2) Cal: 736 Sodium: 255 Carb: 107	
17 C: 🍷🍷🍷 Chicken White Bean Chili (311) 🍷 Spaghetti & Meat Sauce (372) Cauliflower (19) Spinach (87) Mandarin Oranges (9) Cal: 702 Sodium: 612 Carb: 80		18 C: 🍷🍷🍷 Chicken White Bean Chili (311) Pollock & Dill Sauce 🍷🍷 (173) Capri Blend (20) Butternut Squash (52) 🍷 Herbed Barley (80) Chilled Pineapple (1) Cal: 711 Sodium: 451 Carb: 92		19 C: 🍷🍷🍷 Chicken White Bean Chili (311) 🍷🍷 Turkey-Loaf & Gravy (248) 🍷 Mashed Potatoes (108) Green Beans (3) Corn (1) ☺️ Fresh Fruit (2) Cal: 717 Sodium: 487 Carb: 90		20 C: Tuna Salad (212) Ham Sandwich (555)** 🍷 2 Slices of Wheat Bread (254) Broccoli Slaw (112) 🍷 Pasta Salad (114) Chilled Peaches (6) Cal: 710 Sodium: 1167 Carb: 76		21 C: 🍷🍷🍷 Chicken White Bean Chili (311) 🍷🍷 Chicken Pot Pie (309) Brussel Sprouts (9) Sweet Potato (33) 🍷 #Pudding (203) Cal: 764 Sodium: 679 Carb: 88	
24 🍷🍷🍷 Spinach Quiche (297) 🍷🍷 Chicken Ala Vodka & 🍷 Pasta (157) Broccoli (9) Butternut Squash (52) ☺️ Fresh Fruit (2) Cal: 715 Sodium: 344 Carb: 90		25 🍷🍷🍷 Spinach Quiche (297) Beef Chili (337) 🍷 Cheesy Grits (51) Corn (1) 🍷 #Ice Cream (30) Cal: 762 Sodium: 549 Carb: 81		26 🍷🍷🍷 Spinach Quiche (297) Chicken Teriyaki (252) Steamed Rice (4) Stir Fry Blend (6) Cabbage & Onions (50) Mandarin Oranges (7) Cal: 700 Sodium: 445 Carb: 82		27 SURVEY DAY 🍷🍷🍷 Spinach Quiche (297) 🍷🍷 Ham & Potato Casserole (564) ** Capri Blend (20) 🍷 Stewed Tomatoes & Spinach (93) 🍷🍷 #No Bake Cheese Cake (147) Cal: 704 Sodium: 949 Carb: 67		28 Egg Salad (233) Rainbow Millet Salad w/ Chicken (482) 🍷 Creamy Cucumber Salad (5) 🍷 French Bread (256) 🍷 #Yoqurt (80) Cal: 705 Sodium: 948 Carb: 77	
31 C: Chicken Salad (234) 🍷 Chef Salad w/ Ham & Cheese (380) ☺️ Potato Salad (84) Three Bean Salad (92) Mixed Fruit (5) Cal: 708 Sodium: 687 Carb: 68						Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) ☺️ Local Produce 🍷 Vegetarian C=Choice 🍷 Contains Dairy 🍷 Contains Gluten			
Funding Sources include the City of Westfield Community Development Block Grant Sodium content is listed next to each food item, milk provides an additional 125mg of sodium If you have questions about the menu, contact the Nutritionist at 413-561-7313									

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Nutrition Focus: National Wellness Month



August is National Wellness Month, a time to reflect and build healthy habits to support your well-being. Wellness often takes a back seat to our responsibilities because many of us are busy with our day-to-day lives, but this month reminds us that investing in your physical and mental health is essential.



There are many ways to improve your wellness and your physical or mental state. Here are some simple tips to help boost your well-being:



Fuel your body: On those busy days it might be tempting to skip breakfast or lunch, but good nutrition is essential for good health. Your body needs energy and nutrients to function and keep your body moving. Make sure to schedule time for your meals and, if possible, step away from your desk and take time to eat your meal free from work or distraction. It is important to be mindful while eating and take the time to focus and relax.

Take breaks: Short breaks can help you manage stress and recharge. Give yourself time, even if it is just 10 minutes, between meetings to step away and decompress. You can also step outside and get some fresh air or make some tea or other beverage to enjoy. These breaks can help you recharge and be ready to manage the next task at hand.



Stay hydrated: Drink more water. When you are thirsty quench your thirst with water instead of drinks with added sugar. Water will help you stay hydrated, so make sure to drink plenty of it especially if you are active or live and work in hot conditions. Try to stay in the shade and keep a water bottle close at all times when outside or working.

Get cooking: Preparing foods at home can be healthy, rewarding and cost effective. Try a new recipe or learn to make one of your favorite meals. You can also try to add new kitchen skills to your toolbox. Spend some time practicing your knife work dicing onions or try your hand at cooking dry beans instead of canned.



Building healthy habits: A balanced diet, regular exercise and a good amount of sleep are essential for long term well-being. Experiment with new recipes and try different activities to find out what you enjoy. Even at an older age you can find new things to enjoy. Establishing good sleeping habits can also help you feel rested and recharged.

Ordering the choice meal may change the nutritional values of the meal listed on the front on the menu

Home Delivered Meals		Community Dining Centers	
(413)-887-8147	Amherst & Pelham	Amherst – (413)-887-8147	
(413)-584-6784	Hadley & Northampton	Chester – (413)-354-7735	
(413)-727-3281	Chesterfield, Cummington, Easthampton, Goshen, Hatfield, Plainfield, Southampton, Westhampton, Williamsburg, Worthington	Chesterfield – (413)-296-4007	
(413)-569-0410	Southwick	Cummington – (413)-634-2262	
(413)-562-0249	Blandford, Chester, Huntington, Granville, Middlefield, Montgomery, Russell, Tolland Westfield	Easthampton – (413)-527-6151	
		Goshen – (413)-374-7430	
		Hadley – (413)-586-4023	
		Hampden Village – (315)-569-9148	
		Hatfield – (413)-247-9003	
		Middlefield – (413)-623-9990	
		Russell – (413)-862-6217	
		Southampton – (413)-529-2105	
		Southwick – (413)-569-0410	
		Tolland – (413)-258-4794	
		Walter Salvo House – (413)-584-6784	
		Washington House – (413)-562-0249	
		Westfield Grab & Go – (413)-562-6435	
		Westhampton – (413)-203-9808	
		Williamsburg – (413)-338-2920	
		Worthington – (413)-238-1999	
Meal cancellations MUST be made 24 hours in advance. To cancel a meal or for more information about meal programs, Please call your home delivered or community dining center site coordinators listed above.			