

## Highland Valley Elder Services Community Dining Menu - February 2018

The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
|   |  |   | <b>1 *HIGH SODIUM DAY</b><br>Homemade Pizza(565) Cal: 906<br>Vegetarian Vegetable Soup (110) Carb: 124<br>Tossed Salad (10) Sodium: 1256<br>Blueberry Muffin(160) Chol: 70<br>#Warm Spiced Pears(6)                         | <b>2</b><br>Shepards Pie (85) Cal: 645<br>Steamed Corn (11) Carb: 87<br>Whipped Potatoes (276) Sodium: 622<br>Whole Wheat Bread (127) Chol: 79<br>Pineapple (10)   |
| <b>5</b> Cheeseburger ( Choice)<br>Baked Fish Filet (302) Cal: 787<br>w/Tartar Sauce (123) Carb: 89<br>Steamed Broccoli (11) Sodium: 768<br>☺Oven Baked Potatoes (38) Chol: 76<br>Whole Wheat Dinner Roll (160)<br>#Chilled Mixed Fruit (9) | <b>6 *HIGH SODIUM DAY</b><br>Cheeseburger ( Choice) Cal: 747<br>*Reduced Sodium Hot Dog (590) Carb: 94<br>California Blend Veggies (24) Sodium: 1527<br>Vegetarian Baked Beans(408) Chol: 65<br>Hot Dog Roll(210)<br>#Chocolate Pudding(170) w/Whipped Topping | <b>7</b><br>Cheeseburger ( Choice)<br>*BBQ Chicken (521) Cal: 566<br>Homemade Vegetable Lentil Soup(34)<br>Whipped Potatoes (276) Carb: 93<br>Whole Wheat Bread (127) Sodium: 1092<br>Pineapple Chunks(10) Chol: 71                         | <b>8</b><br>Cheeseburger ( Choice)<br>Roast pork (60) Cal: 610<br>Brussell Sprouts (8) Carb: 76<br>Red Bliss Potatoes (6) Sodium: 412<br>Pumpernickle Bread (190) Chol: 85<br>Chilled Applesauce (24)                       | <b>9</b><br>Cheeseburger ( Choice) Cal: 715<br>*Cheese Lasagna Alfredo (631) Carb: 92<br>Tossed Salad (10) Sodium: 999<br>Cheese Twist Bread(230) Chol: 78<br>Fresh Fruit (1)  |
| <b>12</b><br>Ham & Cheese Grinder (Choice)<br>BBQ Pork Rib(280) Cal: 580<br>Steamed Carrots (77) Carb: 82<br>Scalloped Potatoes(90) Sodium: 802<br>Oatmeal Bread (230) Chol: 50<br>Fresh Fruit (0)  | <b>13</b><br>Ham & Cheese Grinder (Choice)<br>Homemade Meatloaf(179) Cal: 717<br>Homemade Veggie Pea Soup(480) Carb: 103<br>Whipped Potatoes (276) Sodium: 1191<br>Whole Wheat Bread (127) Chol: 116<br>#Chilled Pears(5)                                      | <b>14 Ash Wednesday</b><br>Ham & Cheese Grinder (Choice)<br>Baked Macaroni & Cheese(331) Cal: 1010<br>Stewed Tomatoes (198) Carb: 138<br>Orange Juice(0) Sodium: 1122<br>Whole Wheat Dinner Roll (160) Chol: 55<br>#Birthday Cake (308)     | <b>15</b> Ham & Cheese Grinder (Choice)<br>Chicken & Gravy(70)<br>Steamed Peas(84) Cal: 748<br>Sweet Potatoes(62) Carb: 97<br>Cranberry Orange Muffin (120) Sodium: 508<br>#Fruited Jello (29) w/ Whipped Topping Chol: 105 | <b>16</b><br>Ham & Cheese Grinder (Choice)<br>Baked Haddock w/Creamy Dill Sauce(316)<br>Oriental Blend (27) Cal: 530<br>Rice Pilaf (8) Carb: 77<br>Whole Wheat Bread (127) Sodium: 603<br>Sun Maid Raisins (4) Chol:70         |
| <b>19 NO MEALS</b><br>  | <b>20</b><br>Chicken Salad (Choice)<br>*Chicken Sandwich(620) Cal: 637<br>California Blend Veggies(24) Carb: 89<br>Homemade Vegetable Lentil Soup(34)<br>Hamburg Roll(230) Sodium: 1038<br>#Chilled Peaches(5) Chol: 80  | <b>21</b><br>Chicken Salad (Choice) Cal: 782<br>Oven Baked Stuffed Shells(456) Carb: 101<br>w/meat sauce Sodium: 981<br>Steamed Peas(84) Chol: 157<br>French Bread(256)<br>#Apple Crisp (60)  | <b>22</b><br>Chicken Salad (Choice)<br>Yankee Pot Roast(42)<br>Steamed Green Beans (4) Cal: 550<br>w/ Red Peppers Carb: 78<br>Whipped Potatoes (276) Sodium: 575<br>Whole Wheat Bread (127) Chol: 66<br>Fresh Fruit (2)     | <b>23</b><br>Chicken Salad (Choice)<br>Pier 17 Baked Fish(302)<br>Homemade Vegetable Chicken Soup(100)<br>Au gratin Potatoes (172) Cal: 796<br>Oatmeal Bread (230) Carb: 84<br>#Mandarin Oranges (17) Sodium: 946<br>Chol: 101 |
| <b>26</b><br>Spinach Quiche (Choice)<br>*Teriyaki Chicken(566) Cal: 562<br>Steamed Broccoli(11) Carb: 89<br>Brown Rice Pilaf(8) Sodium: 844<br>Whole Wheat Bread (127) Chol: 71<br>#Chilled Mixed Fruit(9)                                  | <b>27</b><br>Spinach Quiche (Choice)<br>Swedish Meatballs(388)<br>California Blend Veggies(24) Cal: 832<br>Penne Noodles(1) Carb: 118<br>Blueberry Muffin(160) Sodium: 700<br>Fresh Fruit(1) Chol: 86  | <b>28</b><br>Spinach Quiche (Choice) Cal: 662<br>Roast Turkey(146) Carb: 95<br>w/Cranberry Sauce(17) Sodium: 1186<br>Butternut Squash Soup(105) Chol: 65<br>Whipped Potatoes (276)<br>Whole Wheat Dinner Roll (160)<br>Pineapple Chunks(10) | <b>Key for Symbols:</b><br>Cal: Calories Chol: Cholesterol (mg)<br>Carb: Carbohydrates (gm)<br>Sodium (mg) ☺ Local Produce<br># Diabetic Substitute<br>**Higher Sodium Item (>500mg)  | <br><br>   |

# February Heart Awareness Month

## 5 Ways To Eat Healthier

### 1. Take it slow and steady

Remember the saying, "It's a marathon, not a sprint." That's certainly true for starting a new approach to eating, nutrition experts say.



### 2. Enjoy home cooking and save money

Preparing meals at home can be more nutritious than eating out — and less expensive.

### 3. Be strategic when eating out

Dining out means relinquishing control over food preparation to someone else who is probably more interested in taste than nutrient quality. And it costs more than eating at home.

### 4. Beware those 'popular' diets

Plenty of companies attempt to profit from weight loss at New Year's resolution time. That might involve selling their foods and shakes as heavily advertised diets.

Again, remember, there's no quick fix — no matter what you see on TV.

### 5. Drink to your health

Try to drink your way to better health and pocket some extra money with a simple change: Choose water instead of soda or other sweetened beverages at meals.



"I'm on a diet. I'm only eating mini-donuts."

<https://news.heart.org/5-ways-to-eat-healthier-in-2018/>

| 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            |
| East Mountain View - 413-262-0705 |
| Hadley - 413-587-3866             |
| Hatfield - 413-247-9003           |
| Middlefield - 413-623-9990        |
| Northampton - 413-584-6784        |
| Russell Tue. ONLY - 413-530-3979  |
| Southwick - 413-569-0410          |
| Washington House - 413-562-8521   |
| 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.**