


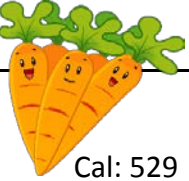

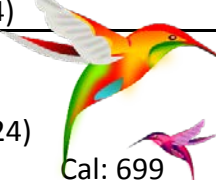


Highland Valley Elder Services Congregate/HDM Dining Menu - June 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>5</p> <p>Alternate Cong Meal Available</p> <p>Baked Stuffed Shells (484) Cal: 625</p> <p>Italian Blend Veg. (52) Sodium: 921</p> <p>French Bread (256) Carbs: 107</p> <p>Boxed Raisins (4) Chol: 45</p>	<p>6 Potato Pollock Fillet (230)</p> <p>Tartar Sauce (76) Cal: 832</p> <p>Harvard Beets (54) Sodium: 848</p> <p>Oven Brown Potatoes (158) Carbs: 105</p> <p>Whole Wheat Bread (67) Chol: 70</p> <p>Vanilla Pudding w/ Whipped Topping (138)</p>	<p>7</p> <p>Roast Pork w/ Gravy (83) Cal: 756</p> <p>Butternut Squash (5) Sodium: 690</p> <p>Homemade Stuffing (294) Carbs: 101</p> <p>Fruit Snack Loaf (160) Chol: 104</p> <p>Chilled Applesauce (24)</p>	<p>1 HIGH SODIUM DAY New England</p> <p>Boiled Ham Dinner**(907) Cal: 583</p> <p>Steamed Cabbage/Carrots (40) Sodium: 1399</p> <p>Red Boiled Potatoes (6) Carbs: 94</p> <p>Whole Wheat Dinner Roll (160) Chol: 73</p> <p>Lemon Pudding w/ Whipped Topping (161)</p>	<p>2 Salisbury Steak (200) Cal: 787</p> <p>Steamed Corn (1) Sodium: 768</p> <p>Whipped Potatoes (276) Carbs: 100</p> <p>Whole Wheat Bread (127) Chol: 92</p> <p>Birthday Cake (40) </p>
<p>12 Cajun Chicken Cal: 603</p> <p>Sandwich**(620) Sodium: 1130</p> <p>Lettuce/Tomato (2)</p> <p>Marinated Cucumber Salad (137)</p> <p>Hamburg Roll (230) Carbs: 70</p> <p>Mandarin Oranges (17) Chol: 80</p>	<p>13 Alternate Cong Meal Available</p> <p>Shepherd's Pie (85) Cal: 761</p> <p>Steamed Corn (1) Sodium: 731</p> <p>Whipped Potatoes (276) Carbs: 102</p> <p>Cherry Snack Loaf (240) Chol: 105</p> <p>Chilled Pears (5)</p>	<p>14 Tangerine Glazed Chicken (388)</p> <p>Steamed Peas (124)</p> <p>Red Bliss Potatoes (6) Cal: 680</p> <p>Whole Wheat Bread (127) Sodium: 939</p> <p>Chocolate Pudding w/ Whipped Topping (170) Carbs: 112 Chol: 61</p>	<p>15</p> <p>Yankee Pot Roast (33)</p> <p>Steamed Carrots (77) Cal: 529 </p> <p>Whipped Potatoes (276) Sodium: 702</p> <p>Pumpnickel Bread (190) Carbs: 76</p> <p>Fresh Fruit (0) Chol: 79</p>	<p>16 Sa-Weet Potato Pollock Fillet (150)</p> <p>Tartar Sauce (123)</p> <p>Creamy Coleslaw (56) Cal: 857</p> <p>Au Gratin Potatoes (172) Sodium: 814</p> <p>Whole Wheat Bread (127) Carbs: 98</p> <p>Apple Crisp (60) Chol: 93</p>
<p>19 HIGH SODIUM DAY</p> <p>Cheese/Onion Quiche (388) Cal: 933</p> <p>Sausage Links (266) Sodium: 1243</p> <p>Steamed Spinach (120) Carbs: 89</p> <p>Oven Brown Potatoes (38) Chol: 244</p> <p>Homemade Cornbread (282)</p> <p>Chilled Applesauce (24)</p>	<p>20</p> <p>Chicken w/ Gravy (329) Cal: 568</p> <p>Cranberry Sauce (17) Sodium: 878</p> <p>Green Beans (4) Carbs: 86</p> <p>Whipped Potatoes (276) Chol: 75</p> <p>Whole Wheat Bread (127)</p> <p>Fresh Fruit (0)</p>	<p>21 Alternate Cong Meal Available</p> <p>Meat Lasagna (496) Cal: 699</p> <p>Steamed Broccoli (11) Sodium: 870</p> <p>Twisted Cheese Breadstick(230) Carbs: 77</p> <p>Chilled Peaches (8) Chol: 80</p> <p style="text-align: center;"></p>	<p>22</p> <p>Tuna Salad (120) Cal: 688</p> <p>Lett/Tom/Cukes (6) Sodium: 839</p> <p>Marinated Pasta Salad (125) Carbs: 94</p> <p>Oatmeal Bread (230) Chol: 83</p> <p>Butterscotch Pudding w/ Whipped Topping (232)</p>	<p>23</p> <p>Swedish Meatballs ** (50) Cal: 774</p> <p>Steamed Broccoli (11) Cal: 774</p> <p>Penne Noodles (2) Sodium: 810</p> <p>Whole Wheat Roll (160) Carbs: 114</p> <p>Pineapple Chunks (10) Chol: 60</p>
<p>26</p> <p>Chicken Marsala (423) </p> <p>California Blend Veg (24)</p> <p>Rice Pilaf (8) Cal: 699</p> <p>Whole Wheat Bread (127) Sodium: 925</p> <p>Sugar Cookie (218) Carbs: 92 Chol: 82</p>	<p>27</p> <p>Reduced Sodium Hot Dog**(590)</p> <p>Steamed Carrots (77) Cal: 698</p> <p>Baked Beans (174) Sodium: 1177</p> <p>Hot Dog Roll (210) Carbs: 86</p> <p>Fresh Fruit (1) Chol: 65</p>	<p>28</p> <p>Roast Turkey w/ Gravy (472)</p> <p>Cranberry Sauce (17) Cal: 668</p> <p>Butternut Squash (5) Sodium: 1071</p> <p>Whipped Potatoes (276) Carbs: 99</p> <p>Blueberry Snack Loaf (160) Chol: 86</p> <p>Mandarin Oranges (17)</p>	<p>29 Alternate Cong Meal Available</p> <p>Homemade Meatloaf w/ Gravy (179)</p> <p>Steamed Peas (124) Cal: 688</p> <p>Red Bliss Potatoes (6) Sodium: 601</p> <p>Whole Wheat Bread (127) Carbs: 98</p> <p>Chilled Mixed Fruit (7) Chol: 116</p>	<p>30 Krunch-Lite Pollock (220)</p> <p>Tartar Sauce (123)</p> <p>Stewed Tomatoes (198) Cal: 828</p> <p>Oven Brown Potatoes (38) Sodium: 1104</p> <p>Oatmeal Bread (230) Carbs: 109</p> <p>Banana Pudding w/ Whipped Topping (170) Chol: 70</p>

Celebrate the 12th Annual

World Elder Abuse Awareness Day *~ June 15, 2017 ~*

My World... Your World... Our World - Free of Elder Abuse

Show the world you care about ending elder abuse and neglect
by wearing something purple on June 15, 2017

You Can Help!

- Report suspected mistreatment – call us at 413-586-2000
- Stay in touch with older neighbors, friends, and relatives
- Stay connected, active, & busy in your community
- Protect **yourself** from abuse, neglect, & exploitation
- Plan ahead for your future
- Have someone you trust help manage your finances
- Don't sign anything you don't understand
- Never give out personal information, your social security number, or credit card info over the phone



**CALL HIGHLAND VALLEY ELDER SERVICES
FOR MORE INFORMATION: 413-586-2000**

Emergency Hotline # 800-922-2275

Ask someone over 60 if they feel safe from abuse.

If not, call Highland Valley Elder Services to report abuse at (800) 322-0551.



Home Delivered Meals
Amherst - 413-259-3164
Easthampton - 413-727-3281
East Mountain View - 413-562-0249
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
Washington House - 413-562-0249
Westfield - 413-562-0249
Williamsburg - 413-727-3281

Congregate Meals
Amherst - 413-259-3164
Chester Mon. ONLY - 413-822-6085
East Mountain View - 413-262-0705
Hadley - 413-586-1910
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 Dining Center.