














Highland Valley Elder Services Community Dining Menu - April 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf (Choice) Cal: 946 *Meatball Stroganoff (578) Carb: 106 Cali Blend Veggies (24) Sodium: 832 Penne Noodles (1) Chol: 161 Cranberry Orange Muffin (102)  ☺ Fresh Fruit (1)	3 Meatloaf (Choice) Cal: 528 Teriyaki Grilled Chicken (450) Carb: 76 Steamed Broccoli (11) Sodium: 729 Brown Rice Pilaf (6) Chol: 75 Whole Wheat Bread (127) #Chilled Mixed Fruit (9)	4 Meatloaf (Choice) Cal: 835 Baked Macaroni & Cheese (331) Carb: 118 Steamed Spinach (120) Sodium: 1034 Homemade Corn Bread (454) Chol: 80 Sun Maid Raisins (4) 	5 Meatloaf (Choice) Cal: 732 Roast Pork (60) Carb: 90 Mixed Vegetable (55) Sodium: 675 Homemade Stuffing (294) Chol: 85 Whole Wheat Bread (127) Chilled Applesauce (14)	6 Meatloaf (Choice) Cal: 692 Baked Pollock Filet (97) Carb: 89 Stewed Tomatoes (198) Sodium: 961 Oven Brown Potatoes (38) Chol: 101 Pumpernickel Bread (190)  #Tapioca Pudding (189) w/Whipped Topping (0)
9 Seafood Salad (Choice) Cal: 596 Shepard's Pie (85) Carb: 80 Steamed Corn (1) Sodium: 619 Whipped Potatoes (276) Chol: 79 Whole Wheat Bread (127) #Chilled Peaches (5)	10 **HIGH SODIUM DAY Cal: 743 Seafood Salad (Choice) Carb: 87 *Reduced Sodium Hot Dog (590) Sodium: 1358 Vegetable Soup (293) Chol: 65 Oven Baked Beans (140) Hot Dog Roll (210)  Fresh Fruit (0)	11 **HIGH SODIUM DAY Seafood Salad (Choice) Cal: 725 Baked Chicken & Gravy (329) Carb: 97 Steamed Carrots (43) Sodium: 1207 Whipped Potatoes (276) Chol: 92 Whole Wheat Bread (127) #Birthday Cake (307)	12 Cal: 600 Seafood Salad (Choice) Carb: 88 Baked Salmon w/ Dill Sauce (87) Sodium: 502 Brussels Sprouts (8) Chol: 67 Sweet Baby Yams (48)  Oatmeal Bread (230) #Chilled Pears (5)	13 Seafood Salad (Choice) Baked Lasagna w/ Meat Sauce (386) Tossed Salad (10) Cal: 658 Orange Juice (0) Carb: 102 French Bread (256) Sodium: 782 Warm Fruit Compote (5) Chol: 70
16 NO MEALS - HOLIDAY 	17 Ham & Cheese Grinder (Choice) Sloppy Joe's (295) Cal: 692 Green Beans (4) Carb: 87 Oven Brown Potatoes (38) Sodium: 705 Hamburg Roll (230) Chol: 76 Chilled Applesauce (14)	18 Ham & Cheese Grinder (Choice) Cal: 872 Oven Baked Fish (300) Carb: 110 w/ Tartar Sauce (123) Sodium: 880 Roasted Sweet Potato (62) Chol: 104 Corn Chowder (70)  Pumpernickel Bread (190) Pineapple Chunks (10)	19 Ham & Cheese Grinder(Choice) Cal: 871 Chicken Pot Pie (104) Carb: 107 Steamed Peas (84) Sodium: 722 Red Bliss Potato (6) Chol: 110 Biscuit Topping (243) #Lemon Pudding (161) w/Whipped Topping (0)	20 Ham & Cheese Grinder(Choice) Yankee Pot Roast (42) Cal: 542 Steamed Carrots (43) Carb: 76 Whipped Potatoes (276) Sodium: 614 Whole Wheat Bread (127) Chol: 79 Fresh Fruit (1) 
23 Chicken & Gravy (Choice) Cal: 552 Baked Stuffed Shells (454) Carb: 75 Steamed Spinach (120) Sodium: 966 French Bread (256) Chol: 136 Pineapple Chunks (10)	24 Chicken & Gravy (Choice) Cal: 742 Baked Haddock Florentine (347) Carb: 115 Steamed Broccoli (11) Sodium: 668 Steamed Brown Rice (23) Chol: 85 Blueberry Snack Loaf (160) Fresh Fruit (2) 	25 Chicken & Gravy (Choice) Cal: 668 Roast Turkey & Gravy (494) Carb: 98 w/ Cranberry Sauce (17) Sodium: 976 ☺ Butternut Squash (5) Chol: 60 Red Bliss Potato (6) Whole Wheat Roll (160) #Chocolate Pudding (170) w/Whipped Topping (0)	26 Chicken & Gravy (Choice) Cal: 634 Homemade Meatloaf (179) Carb: 87 Steamed Corn (1) Sodium: 725 Whipped Potatoes (276) Chol: 116 Whole Wheat Bread (127) #Mandarin Oranges (17) 	27 Chicken & Gravy (Choice) *Grilled Chicken Parmigiana (755) Cali Blend Veggies (24) Cal: 807 Spaghetti Noodles (2) Carb: 114 Cheese Twist Bread (230) Sodium: 1146 #Chilled Mixed Fruit (9) Chol: 112
30 Macaroni & Cheese (Choice) Orange Glaze Chicken (351) Cal: 758 Steamed Green Beans (4) Carb: 107 Red Bliss Potato (6) Sodium: 647 Whole Wheat Bread (127) Chol: 120 Fig Bar (35)			Key for Symbols: Cal: Calories Chol: Cholesterol (mg) Carb: Carbohydrates (gm) Sodium (mg) ☺ Local Produce # Diabetic Substitute **Higher Sodium Item (>500mg)	 Highland Valley ELDER SERVICES 



MALNUTRITION AWARENESS

Did You Know?

Up to 1 out of 2 older adults is either at risk of becoming or is malnourished



Poverty and food insecurity significantly increase the risk of malnutrition. At the same time, there are other risk factors to consider as well. Changes commonly associated with aging, such as loss of appetite, limited ability to chew or swallow, and use of multiple medications, can impact diet and nutrition. Older adults are also at risk of malnutrition due to chronic illness, disease, injury, and hospitalizations. Acute conditions, like those that require surgery, as well as chronic diseases such as cancer, diabetes, gastrointestinal, lung, and heart disease and their treatments, can result in changes in nutrient intake that can lead to malnutrition. Further, with disease-associated malnutrition, inflammatory responses are increased, which can result

in decreased appetite, gastrointestinal problems, diminished immune response, delayed wound healing, and increased infection rates. Such changes can increase risks for functional disability, frailty, and falling. Changes in functional ability can also lead to social isolation, which may cause depression and, in turn, affect cognitive functioning. Changes in cognitive functioning for some older adults may also be risk factors for malnutrition.

How to Improve Wellness and Nutrition

- 1 **CHOOSE HEALTHIER FOOD:** Fruits, vegetables, whole grains and lean meat are full of the nutrients your body needs. Try to limit solid fat, sugar, salt and alcoholic beverages. Use herbs and spices to season bland food.
- 2 **SNACK:** Get extra nutrients and calories by snacking in between meals, especially if you get full quickly at mealtimes.
- 3 **EXERCISE:** Even a little bit of exercise can help improve your appetite and keep your bones and muscles strong.
- 4 **BE SOCIAL:** Make mealtimes and exercise a social activity. Ask a neighbor, family or friend to meet for lunch or a walk. Congregate dining sites are a great way to meet new people and enjoy a hot meal.

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 - 413-586-1910
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 Community Dining Center.