

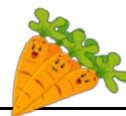












Highland Valley Elder Services Community Dining Menu - June 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) ☺ Local Produce # Diabetic Substitute **Higher Sodium Item (>500mg)</p>			<p>1 Baked Breaded Fish w/Tartar Sauce (Choice) Pier 17 Baked Fish(302) Cal: 747 Steamed Carrots(77) Sodium: 653 ☺Oven Brown Potatoes(38) Carb: 85 Orange Cranberry Loaf(102) #Chilled Mixed Fruit(9) </p>
<p>4 Seafood Salad (Choice) Orange Glazed Grilled Chicken(351) Cranberry Sauce(17) Steamed Peas(84) Cal: 631 Whipped Potatoes(276) Sodium: 1052 Pumpernickel Bread(190) Carb: 97 #Diced Peaches(8)</p>	<p>5 Seafood Salad (Choice) Cal: 606 Baked Stuffed Shells(486) Sodium: 997 w/ Meat Sauce Carb: 85 Steamed Spinach(120) French Bread(256)  Chilled Pineapple(10)</p>	<p>6 Seafood Salad (Choice) Cal: 982 Fish Sandwich(270) Sodium: 858 ☺Creamy Coleslaw(136) Carb: 108 ☺Oven Brown Potatoes(38) Hamburg Roll(230) #Apple Crisp(60)</p>	<p>7 Seafood Salad (Choice) Cal: 591 Meatloaf w/Gravy(249) Sodium: 776 Steamed Corn(1) Carb: 94 Whipped Potatoes(276)  Whole Wheat Bread (127) Fresh Fruit(0)</p>	<p>8 Seafood Salad (Choice) Roast Pork(60) Cal: 768 California Blend(24) Sodium: 895 Homemade Stuffing(294) Carb: 103 Whole Wheat Roll(160) #Butterscotch Pudding(232) w/Whipped Topping(0)</p>
<p>11 Meatloaf (Choice) Cal: 710 **Meatball Stroganoff(589) Sodium: 963 Brussels Sprouts(8) Carb: 102 Penne Noodles(1) #Oatmeal Bread(230)  #Chilled Mixed Fruit(9)</p>	<p>12 Meatloaf (Choice) Cal: 576 Teriyaki Chicken(474) Sodium: 748 Steamed Broccoli(11) Carb: 78 Brown Rice Pilaf(6) Whole Wheat Bread(127) #Chilled Pears(5)</p>	<p>13 Meatloaf (Choice) Chef Salad w/ Ham & Cheese(400) w/Lettuce, Tomatoes, Cukes Cal: 593 Carrot Raisin Salad(110) Sodium: 796 Whole Wheat Roll(160) Carb: 73 Fresh Fruit (1) </p>	<p>14 Meatloaf (Choice) Cal: 682 Roast Turkey(472) Sodium: 1155 Steamed Peas(84) Carb: 94 Whipped Potatoes(276) Blueberry Muffin(160) #Fruited Jello(40) w/Whipped Topping(0)</p>	<p>15 Meatloaf (Choice) Cal: 546 Baked Breaded Haddock(296) Sodium: 694 Steamed Green Beans(1) Carb: 73 Red Bliss Potatoes(6) Whole Wheat Bread(127) # Mandarin Oranges(17) </p>
<p>18 Cheeseburger (Choice) Breaded Alaskan Pollock(190) Tartar Sauce(123) Stewed Tomatoes(198) Cal: 728 Macaroni & Cheese(165) Sodium: 943 Whole Wheat Bread(127) Carb: 86 Chilled Applesauce(14)</p>	<p>19 HIGH SODIUM DAY Cheeseburger (Choice) **Reduced Sodium Hot Dog(590) Cali Blend Veggies(24) Cal: 775 Oven Baked Beans(174) Sodium: 1273 Hot Dog Roll(210) Carb: 93 #Oatmeal Cookies(150) </p>	<p>20 Cheeseburger (Choice) Grilled Chicken & Gravy(329) Cal: 769 Cranberry Sauce(17) Sodium: 816 Steamed Corn(1) Carb: 123 Sweet Yams(48) Whole Wheat Bread(127) #Chocolate Pudding(170) w/Whipped Topping(0)</p>	<p>21 Cheeseburger (Choice) Cal: 602 Vegetable Lasagna(464) Sodium: 860 Tossed Salad(10) Carb: 107 French Bread(256) Warm Apple Compote(5) </p>	<p>22 Cheeseburger (Choice) Cal: 582 Yankee Pot Roast(42) Sodium: 573 Butternut Squash(2) Carb: 88 Whipped Potatoes(276) Whole Wheat Bread(127) Fresh Fruit(1)</p>
<p>25 Vegetable Crustless Quiche (Choice) **Creamed Chipped Beef(646) Steamed Peas(84) Au gratin Potatoes(172) Cal: 738 Whole Wheat Roll(160) Sodium: 1189 Fresh Fruit(2) Carb: 98 </p>	<p>26 Vegetable Crustless Quiche (Choice) BBQ Pork Rib(280) Cal: 715 Steamed Carrots(77) Sodium: 1193 Whipped Potatoes(276) Carb: 100 Whole Wheat Bread(127) #Birthday Cake(308)</p>	<p>27 Vegetable Crustless Quiche (Choice) Salisbury Steak w/Onions, Peppers & Mushroom Gravy(283) Steamed Broccoli(11) Cal: 749 Steamed Brown Rice(5) Sodium: 961 Cherry Snack Loaf(78) Carb: 97  #Chilled Peaches(8)</p>	<p>28 Vegetable Crustless Quiche (Choice) Chicken Pot Pie(104) Cal: 785 Steamed Peas(84) Sodium: 570 Red Bliss Potatoes(6) Carb: 90 Biscuit Topping(243) #Tapioca Pudding(189) w/Whipped Topping(0)</p>	<p>29 Vegetable Crustless Quiche (Choice) **Turkey Salad Cold Plate(631) Cal: 744 Lettuce, Tomatoes, Cukes(7) Sodium: 970 Marinated Vegetable/Pasta(125) Carb: 78 Whole Wheat Pita Bread(127) Chilled Pineapple(10) </p>



Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in (), all meals include milk w/ 125 mg sodium.
 If you have a special concern regarding the menu, contact the Nutritionist at 413-588-5752 for guidance on managing your intake to meet your dietary requirements.



This VS That

Highland Valley Meals VS Frozen Dinners

Have you ever wondered how Highland Valley meals compare to other meal choices? Check out the difference between the calories, fat and sodium side by side!

Highland Valley meals are made in a kitchen with love. Meals are thoughtfully prepared using low sodium and local ingredients (as available) to create balanced lunches. Highland Valley meals include a main dish, two ½ cup servings of fruit/vegetables, dessert and milk and are **STILL** lower in fat and sodium than comparable frozen dinners.



Frozen Dinner

Chicken Pot Pie
Steamed Peas
Red Bliss Potato
Chilled Peaches
Milk

785	Calories	860
27g	Fat	50g
610mg	Sodium	1500mg



Yankee Pot Roast
Butternut Squash
Whipped Potato
Whole Wheat Bread
Banana
Milk

582	Calories	520
9g	Fat	18g
573mg	Sodium	1660mg



Meatloaf w/ Gravy
Steamed Corn
Whipped Potatoes
Whole Wheat Bread
Fresh Orange
Milk

591	Calories	440
13g	Fat	25g
776mg	Sodium	1060mg



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.