









Highland Valley Elder Services Community Dining Menu -April 2024
 The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Choice: Orange Chicken (96)</i> Chicken Fajita (88) Rice & Beans (28) Corn (1) Tortilla (173) Fresh Fruit (2) Cal: 723 Sodium: 417 Carb: 101	2 <i>Choice: Orange Chicken (96)</i>  Pasta Primavera (190) Garlic Knots (245) Broccoli (11) Mandarin Oranges (9) Cal: 789 Sodium: 580 Carb: 101	3 <i>Choice: Orange Chicken (96)</i> Honey Mustard Salmon (121) Couscous (11) Zucchini & Onions (8) Dinner Roll (132) #Apple Crisp (64) Cal: 783 Sodium: 462 Carb: 105	4 <i>Choice: Orange Chicken (96)</i> Stuffed Pepper Casserole (137)  Butternut Squash (46) Green Peas (66) Pears (4)  Cal: 729 Sodium: 378 Carb: 69	5 <i>Choice: Egg Salad (175)</i> Tuna Salad (141) 2 Slices Pumpernickel Bread (310) Broccoli Salad (150) Cherry Tomatoes (4) #Gelatin w/ Topping (125) Cal: 718 Sodium: 855 Carb: 75
8 <i>Choice: Beef Wellington (210)</i> Chicken Marsala (405) Pasta (2) Cauliflower (14) Zucchini & Tomatoes (40) #Yogurt (80) Cal: 773 Sodium: 667 Carb: 109	9 <i>Choice: Beef Wellington (210)</i> Hotdog (437) Bun (230)  Tater Tots (30) Summer Squash (5) Fresh Fruit (2) Cal: 730 Sodium: 829 Carb: 92	10 <i>Choice: Beef Wellington (210)</i> Meatloaf & Gravy (245) Potatoes (5) Spinach & Onions (76) Asparagus (3) #Pudding w/ Topping (146) Cal: 817 Sodium: 749 Carb: 85	11 <i>Choice: Chicken Salad (185)</i> Chef Salad – Turkey & Cheese (452) Pickled Beets (177) French Bread (150) Italian Dressing (119) Pineapple (2) Cal: 652 Sodium: 1025 Carb: 73	12 <i>Choice: Beef Wellington (210)</i> Chicken Coq Au Vin (258) Green Beans (3) White Rice (3) Corn (1) #Birthday Cake (197) Cal: 763 Sodium: 586 Carb: 90
15 NO MEALS 	16 <i>Choice:  Lasagna (290)</i> Meatball Stroganoff (280) Pasta (1) Carrots & Corn (54) Dinner Roll (132) Peaches (6) Cal: 772 Sodium: 599 Carb: 100	17 <i>Choice:  Lasagna (290)</i> NO SHELLFISH Fish Chowder (224) Brussel Sprouts (9) Sweet Potatoes (35) 1 Slice Rye Bread (193) Fresh Fruit (2) Cal: 716 Sodium: 586 Carb: 120	18 <i>Choice:  Lasagna (290)</i> Baked Pollock (213) Rice Pilaf (57) Green Beans & Garlic (5)  Carrots (85) Mandarin Oranges (6) Cal: 721 Sodium: 491 Carb: 90	19 <i>Choice:  Lasagna (290)</i> Turkey Pot Pie (291) Broccoli (23) #Fruit Compote (8) Cal: 717 Sodium: 446 Carb: 92
22 <i>Choice: Sausage & Onion Quiche (324)</i> Curry Chicken (128) Brown Rice (5) Zucchini & Peppers (5)  Green Peas (66) Pears (4) Cal: 708 Sodium: 335 Carb: 84	23 <i>Choice: Sausage & Onion Quiche (324)</i> Minestrone Soup (179) Roasted Potatoes (7) 1 Slice Multigrain Bread (99) Summer Squash (11) #Oatmeal Raisin Cookie (120) Cal: 661 Sodium: 541 Carb: 99	24 <i>Choice: Sausage & Onion Quiche (324)</i> Lemon Pepper Haddock (422) Quinoa (81) Cauliflower (19) Dinner Roll (132) Pineapple (1) Cal: 701 Sodium: 781 Carb: 75	25 <i>Choice: Sausage & Onion Quiche (324)</i> Beef Hamburger (200) Bun (160) Lettuce & Tomatoes (7) Baked Beans (149) Sweet Potatoes (35) Fresh Fruit (2) Cal: 755 Sodium: 678 Carb: 108	26 <i>Choice: Sausage & Onion Quiche (324)</i> Pizza Day** (666) Garden Salad (41) Italian Dressing (119) Cali Blend Vegetables (27) #Spiced Peaches (8) Cal: 756 Sodium: 986 Carb: 98
29 <i>Choice: Breaded Chicken Bites (337)</i> Salmon & Dill Sauce (206) Carrots (85) Green Beans (4) Roasted Potatoes (5) Mandarin Oranges (6) Cal: 741 Sodium: 431 Carb: 74	30 <i>Choice: Tuna Salad (141)</i> Turkey Sandwich** (581) 2 Slices Wheat Bread Lettuce & Tomatoes (7) Corn Salad (115) Coleslaw (20) #Gelatin w/ Topping (61) Cal: 727 Sodium: 903 Carb: 105		Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg)  Local Produce  Vegetarian	 Highland Valley ELDER SERVICES

April – Public Health Month

Food Safety – Leftovers

Leftovers can be great snack, next day lunch, or even be used for a quick meal when you don’t have time for meal planning. However it is still important to take precautions with leftovers and make sure you and your family are eating safe. Follow these handling tips so you can enjoy delicious and safe leftovers.



How Long Can I Keep Leftovers?

Leftovers can be kept in the refrigerator for 3 to 4 days or can be frozen for 2 to 6 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer time in the freezer.

Refrigerating Leftovers

- **Refrigerate food within 2 hours of cooking or being served.** Food held at unsafe temperatures may become contaminated with harmful bacteria or toxins that are not destroyed when reheating. Discard any food left out longer than 2 hours.
- **Cool foods properly.** Size does matter! Separate into smaller portions and place in shallow pans. Food should put into containers should be no more than 3 inches deep or less to help proper cooling. Let your leftovers cool in the refrigerator. Store them on the top shelf and cover loosely to allow to cool, then once cooled cover them tightly.

Reheating Leftovers

- **Reheat leftovers thoroughly to a temperature of 165° F or until hot and steamy.** Bring soups, sauces, and gravies to a rolling boil.
- **When using a Microwave for reheating leftovers,** use a container that is safe for the microwave. Cover the food and rotate or mix to ensure the food is heated evenly.
- **When reheating meat or poultry in the oven,** the temperature should be no lower than 325° F.
- **Reheating in slow cookers is not recommended.** Because foods may be sitting for too long in the danger zone (40° F-140° F)

HVES Meal Trays

These trays are microwave and oven safe and they are also recyclable, depending on your municipality. Meals from HVES can be refrigerated and should be done as soon as possible and at least within 2 hours after receiving. The meals can also be frozen and reheated when needed. If refrigerated they should be heated and eaten within 3 to 4 days. Frozen meals should be used within 1 to 3 months to ensure quality and flavor

If you are unsure about the quality of the leftovers then make sure to throw them away. Leftovers may help save time or help avoid cooking, but getting sick is not worth eating bad leftovers.

When in doubt, throw it out!

Home Delivered Meals		Community Dinning Centers
Amherst – (413)-887-8147		Amherst – (413)-887-8147
Chester – (413)-562-0249		Chester – (413)-354-7735
Chesterfield – (413)-727-3281		Chesterfield – (413)-296-4007
Cummington – (413)-727-3281		Cummington – (413)-634-2262
Easthampton – (413)-727-3281		Easthampton – (413)-527-6151
Hadley – (413)-584-6784		Hadley – (413)-586-4023
Hatfield – (413)-727-3281		Hampden Village – (315)-569-9148
Huntington – (413)-562-0249		Hatfield – (413)-247-9003
Goshen – (413)-727-3281		Goshen – (413)-374-7430
Middlefield – (413)-584-6784		Middlefield – (413)-623-9990
Northampton – (413)-584-6784		Russell – (413)-862-6217
Pelham – (413)-259-3164		Southampton – (413)-563-8145
Southwick – (413)-569-0410		Southwick – (413)-569-0410
Westfield – (413)-562-0249		Walter Salvo House – (413)-584-6784
Williamsburg – (413)-727-3281		Washington House – (413)-562-0249
		Westhampton – (413)-203-9808
		Williamsburg – (413)-268-8407

Meal cancellations MUST be made 48 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.