


















































































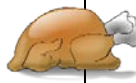







Highland Valley Elder Services Menu -April 2026

The suggested donation is \$4.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 C:    Stuffed Shells (228)   Chicken Marsala (97)   Pasta (7) Green Peas (66) Butternut Squash (52) Mandarin Oranges (7) Cal: 715 Sodium: 354 Carb: 84	2 C:    Stuffed Shells (228)   Minestrone Soup (227)  Sweet Potatoes (35) Chickpeas & Spinach (227) Dinner Roll (132) #  Gelatin w/ Topping (33) Cal: 704 Sodium: 779 Carb: 110	3 C:    Stuffed Shells (228)   Fish Sandwich (242)  Tater Tots (29) California Blend (27) Bun (200) Fresh Fruit (2) Cal: 770 Sodium: 624 Carb: 99
		6 C:    Broccoli Stuffed Chicken (310) Hot Dog (437)  Bun (200) Capri Blend (27) Roasted Potatoes (18) Mixed Fruit (20) Cal: 710 Sodium: 827 Carb: 86	7 C:    Broccoli Stuffed Chicken (310)   Honey Mustard Salmon (323)  Couscous (6) Brussel Sprouts (9) Dinner Roll (132) Fresh Fruit (2) Cal: 713 Sodium: 598 Carb: 74	8 C:   Egg Salad (169) Seafood Salad (254)  Hamburger Bun (200) Lettuce & Tomatoes (5) Coleslaw (130) #  Ambrosia (10) Cal: 747 Sodium: 725 Carb: 67
13 C:    Ham & Onion Quiche (324)   Pasta Primavera (151)  Garlic Bread (245) Broccoli (9) Fresh Fruit (5) Cal: 713 Sodium: 536 Carb: 108	14 C:    Ham & Onion Quiche (324)   Beef Barley Soup (135)  Roasted Potatoes (18) Dinner Roll (132) #  Pudding w/ Topping (190) Cal: 706 Sodium: 601 Carb: 101	15 C:    Ham & Onion Quiche (324)   Meatloaf & Gravy (182)   Mashed Potatoes (43) Spinach (87) Butternut Squash (52) Birthday Cake (197) Cal: 783 Sodium: 686 Carb: 93	16 C:    Ham & Onion Quiche (324)   Chicken Coq Au Vin (210)   Steamed Rice (3) Capri Blend (20) Corn (1) Chilled Peaches (6) Cal: 707 Sodium: 366 Carb: 83	17 C:    Ham & Onion Quiche (324)   Pork Tender & Gravy (186)  Winter Blend (43) Green Beans (3) Mashed Potatoes (43) Fresh Fruit (2) Cal: 752 Sodium: 372 Carb: 96
20 <b>PATRIOT DAY</b> 	21  <b>Vegetarian Chili (309)</b> Hamburger (62)  Bun (200) Green Beans (3) Sweet Potatoes (35) Chilled Pears (10) Cal: 716 Sodium: 447 Carb: 97	22  <b>Vegetarian Chili (309)</b>    Seafood Newburg (476) <i>*contains shellfish</i> Pasta (11) Capri Blend (20) Broccoli (9) Fresh Fruit (2) Cal: 714 Sodium: 643 Carb: 101	23  <b>Vegetarian Chili (309)</b> Chicken & Vegetable Soup (185)  Roasted Potatoes (24) Brussel Sprouts (9) 1 Slice Multigrain (150) #  Pudding (190) Cal: 716 Sodium: 683 Carb: 97	24  <b>Vegetarian Chili (309)</b> Chicken Fajitas (114)  1 Tortilla (170) Rice & Beans (2) California Blend (27) Apple Bar (32) Cal: 746 Sodium: 470 Carb: 88
27 C:    Baked Ziti (328)   Chicken Pesto Pasta (296)  Chickpeas & Tomatoes (151) Roasted Cauliflower (14) Mixed Fruit (20) Cal: 735 Sodium: 607 Carb: 67	28 C:    Chicken Salad (234) Tuna Salad (212)  2 Slices Rye Bread (386) Lettuce & Tomatoes (5) Cucumber Salad (6) Fresh Fruit (2) Cal: 707 Sodium: 736 Carb: 75	29 C:    Baked Ziti (328)   Turkey & Gravy (244)   Mashed Potatoes (21) Green Beans (3) Butternut Squash (52) Applesauce (15)  Cal: 770 Sodium: 458 Carb: 76	30 C:    Baked Ziti (328)   Teriyaki Salmon (363)  Sweet Potatoes (35) California Blend (27) Chilled Pineapple (1) Cal: 701 Sodium: 551 Carb: 89	<b>Key for Symbols:</b> Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) Local Produce Vegetarian C=Choice Contains Gluten Contains Dairy

Funding Sources include the City of Westfield Community Development Block Grant  
Sodium content is listed next to each food item, milk provides an additional 125mg of sodium  
If you have questions about the menu, contact the Nutritionist at 413-561-7313



# Nutrition Focus: Gear up for Gardening

Every April communities and individuals celebrate national garden month. Gardening can be a great way to enjoy the outdoors, exercise, and grow healthy fruits and vegetables for your diet. Research shows that cultivating plants can be beneficial for our health. Gardening has been associated with improvements in attitudes towards health and nutrition, better mental performance, and helps grow a sense of pride and spirit as you see the garden grow. Gardening can have a positive impact on eating habits, physical activity level and overall well-being. Whether you are a beginner or expert level gardener, health and safety are always important.



## Grow a successful garden

The best way to start a successful garden is to start small and choose varieties that will grow well in your area. Start with plants that are easy to grow or that you enjoy to eat. This will help motivate you and keep you excited to see your garden grow and provide.

## Plan Ahead

Make sure to capitalize on the great flavors that can come from the garden. Take some time to plan what you will be growing, what you like to eat and how much of it you want to grow and harvest. Many early gardeners make the mistake of growing too much. Plan for vegetables and fruits that will grow in different times in the season. This will help your garden provide vegetables and fruits throughout the entire season.

## Gear up for safety

When working in the garden you want to make sure you have the right gear. Wearing gloves can help your hands avoid getting cuts, scrapes and skin irritations. Make sure to wear long pants and long sleeves when working in bushes and tall weeds. Lower your risk for sunburn by wearing long sleeves, a wide brimmed hat, sunglasses and sunscreen.

## Stay hydrated & take breaks

As the gardening season progresses it is important to be smart about staying hydrated when temperatures begin to rise. Drink plenty of water throughout the day to replace lost fluids. On hot days try and make sure to bring water outside or with you to the garden, so it is never far away. It is also important to take breaks often and rest in shaded areas.

\*Ordering the choice meal may change the nutritional values of the meal listed on the front on the menu\*

Home Delivered Meals		Community Dining Centers	
(413)-887-8147	Amherst & Pelham	Amherst - (413)-887-8147	
(413)-584-6784	Hadley & Northampton	Chester - (413)-354-7735	
(413)-727-3281	Chesterfield, Cummington, Easthampton, Goshen, Hatfield, Plainfield, Southampton, Westhampton, Williamsburg, Worthington	Chesterfield - (413)-296-4007	
(413)-569-0410	Southwick	Cummington - (413)-634-2262	
(413)-562-0249	Blandford, Chester, Huntington, Granville, Middlefield, Montgomery, Russell, Tolland Westfield	Easthampton - (413)-527-6151	
		Goshen - (413)-374-7430	
		Hadley - (413)-586-4023	
		Hampden Village - (315)-569-9148	
		Hatfield - (413)-247-9003	
		Middlefield - (413)-623-9990	
		Russell - (413)-862-6217	
		Southampton - (413)-529-2105	
		Southwick - (413)-569-0410	
		Tolland - (413)-258-4794	
		Walter Salvo House - (413)-584-6784	
		Washington House - (413)-562-0249	
		Westfield Grab & Go - (413)-562-6435	
		Westhampton - (413)-203-9808	
		Williamsburg - (413)-338-2920	
		Worthington - (413)-238-1999	
<p><b>Meal cancellations MUST be made 24 hours in advance.</b>  <b>To cancel a meal or for more information about meal programs,</b>  <b>Please call your home delivered or community dining center site coordinators listed above.</b></p>			