














**Highland Valley Elder Services Community Dining Menu -February 2023**  
 The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1  <i>Choice: Swedish Meatballs (375)</i>                      Breaded Chicken Bites (456)                      Butternut Squash Mac &amp; Cheese (373)                      Winter Blend Vegetables (43)                      #Pudding w/whip topping (195)</p> <p><b>Cal: 878 Sodium: 1192 Carb: 87</b></p>	<p>2  <i>Choice: Chicken Salad (251)</i>                      Egg Salad (246)                      Pumpkin Bread (155)                      Vinaigrette Pasta Salad (220)                      Three Bean Salad (250)                      Chilled Peaches (6)</p> <p><b>Cal: 879 Sodium: 1003 Carb: 95</b></p> 	<p>3  <i>Choice: Swedish Meatballs (375)</i>                      Vegetarian Chili** (552)                      Corn Bread (454)                      1/2 Baked Potato (4)                      #Yogurt (75)</p> <p><b>Cal: 770 Sodium: 1184 Carb: 106</b></p>
<p>6  <i>Choice: Macaroni &amp; Cheese (496)</i>                      Eggs w/ Bacon and Cheese (478)                      Hash Brown Potatoes (208)                      Warm Fruit Compote (8)                      Oatmeal Bread (142)                      #Orange Juice (15)</p> <p><b>Cal: 762 Sodium: 976 Carb: 112</b></p>	<p>7  <i>Choice: Macaroni &amp; Cheese (496)</i>                      Beef Burger on a bun** (530)                      Lettuce and Tomato (21)                      Vegetarian Baked Beans (140)                      Green Beans (3)                      Fresh Fruit</p>  <p><b>Cal: 770 Sodium: 811 Carb: 96</b></p>	<p>8  <i>Choice: Macaroni &amp; Cheese (496)</i>                      Chicken Cacciatore (277)                      w/ Peppers, Onions, and Mushrooms (107)                      Roasted Cauliflower (32)                      Penne Pasta (1)                      French Bread (256)                      #Gelatin w/whip topping (89)</p> <p><b>Cal: 618 Sodium: 873 Carb: 87</b></p>	<p>9  <i>Choice: Macaroni &amp; Cheese (496)</i>  <b>High Sodium Meal</b>                      White Pizza w/Chicken and Broccoli** (767)                      Carrots (64)                      Garlic Bread (280)                      Mixed Fruit (3)</p> <p><b>Cal: 745 Sodium: 1239 Carb: 66</b></p>	<p>10  <i>Choice: Macaroni &amp; Cheese (496)</i>                      Salmon (69)                      with Pesto Cream Sauce (44)                      Dinner Roll (210)                      Brussel Sprouts (44)                      Corn (6)                      #Birthday Cake (276)</p>  <p><b>Cal: 761 Sodium: 988 Carb: 89</b></p>
<p>13  <i>Choice: Cabbage Rolls (268)</i>                      Salisbury Steak (370)                      with beef gravy (82)                      Mashed Potatoes (58)                      Beets (185)                      Dinner Roll (210)                      Applesauce (9)</p> <p><b>Cal: 663 Sodium: 1040 Carb: 92</b></p>	<p>14  <i>Choice: Cabbage Rolls (268)</i>                      Tuna Noodle Casserole (386)                      Carrots (64)                      Sweet Green Peas (82)                      Fresh Fruit</p>  <p><b>Cal: 761 Sodium: 659 Carb: 103</b></p>	<p>15  <i>Choice: Chicken Salad (251)</i>                      Ham and Cheese Sandwich** (694)                      Lettuce and Tomato (21)                      Corn Salad (52)                      Cole Slaw (90)                      #Chocolate Brownie (149)</p>  <p><b>Cal: 727 Sodium: 1193 Carb: 79</b></p>	<p>16  <i>Choice: Cabbage Rolls (268)</i>                      Chicken a la King (118)                      over Brown Rice (84)                      Green Beans (3)                      Biscuit (267)                      Chilled Apricots</p> <p><b>Cal: 787 Sodium: 607 Carb: 103</b></p>	<p>17  <i>Choice: Cabbage Rolls (268)</i>                      Vegetable Soup (115)                      Roasted Sweet Potato (63)                      French Bread (256)                      #Pudding w/whip topping (195)</p> <p><b>Cal: 769 Sodium: 745 Carb: 115</b></p>
<p>20  <b>NO MEALS</b></p> 	<p>21  <i>Choice: Meatloaf (202)</i>                      Breaded White Fish Sandwich** (544)                      Tartar Sauce (261)                      Lettuce and Tomato (21)                      Butternut Squash (36)                      Broccoli (9)                      Mixed Fruit (3)</p> <p><b>Cal: 799 Sodium: 981 Carb: 85</b></p>	<p>22  <i>Choice: Meatloaf (202)</i>                      Baked Ziti (340)                      Italian Blend Vegetables (19)                      French Bread (256)                      #Ambrosia w/fruit (3)</p> <p><b>Cal: 651 Sodium: 743 Carb: 87</b></p>	<p>23  <i>Choice: Meatloaf (202)</i>                      Pork Chop w/gravy (105)                      Mashed Potatoes (58)                      ☺ Cabbage (20)                      Dinner Roll (210)                      #Chocolate Chip Cookie (105)</p> <p><b>Cal: 615 Sodium: 624 Carb: 77</b></p> 	<p>24  <i>Choice: Meatloaf (202)</i>                      Chicken Cordon Bleu** (550)                      Egg Noodles (4)                      Carrots (64)                      Spinach (76)                      Fresh Fruit</p> <p><b>Cal: 661 Sodium: 820 Carb: 78</b></p>
<p>27  <i>Choice: Broccoli &amp; Cheese Stuffed Chicken (410)</i>                      Chicken Fajitas (173)                      Peppers and Onions (3)                      Corn (6)                      Cheese (187)                      Flour Tortilla (170)                      Chilled Diced Pears (5)</p>  <p><b>Cal: 629 Sodium: 977 Carb: 80</b></p>	<p>28  <i>Choice: Broccoli &amp; Cheese Stuffed Chicken (410)</i>                      Cheese &amp; Chive Quiche (391)                      Sweet Green Peas (82)                      Chickpeas, Tomato, and Onion (79)                      Oatmeal Bread (142)                      Fresh Fruit</p> <p><b>Cal: 780 Sodium: 796 Carb: 94</b></p>		<p><b>Key for Symbols:</b>                      Cal: Calories                      Carb: Carbohydrates (gm)                      Sodium (mg)                      # Diabetic Friendly Dessert                      **Higher Sodium Item (&gt;500mg)                      ☺ Local Produce                      🌿 Vegetarian</p>	
	<p>Funding Sources include the City of Westfield Community Development Block Grant</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 413-582-9301 for guidance on managing your intake to meet your dietary requirements.

# February

## Stay Food-Safe This Season

1. Did you know that during a power outage your refrigerator keeps food safe for 4 hours?

2. If a Winter Storm knocks out your power for than 4 hours, discard refrigerated perishable food such as meat, poultry, fish, eggs & leftovers.

3. During a snowstorm, do not put place perishable food out in the snow. Outside temperatures can vary; food can be exposed to unsanitary conditions & animals.

4. If the power goes out, use perishable foods and foods from the refrigerator first, then use the foods from the freezer, use the canned and shelf stable foods last.

5. After a flood, don't eat foods that may have touched flood water. Throw out food in non-waterproof containers, cardboard boxes, and damaged cans.

**Frozen Food**  
**WHEN TO SAVE AND WHEN TO THROW IT OUT**

FOOD	Still contains ice crystals and feels as cold as if refrigerated	Thawed Held above 40 °F for over 2 hours
<b>MEAT, POULTRY, SEAFOOD</b>		
Beef, veal, lamb, pork, and ground meats	Refreeze	Discard
Poultry and ground poultry	Refreeze	Discard
Variety meats (liver, kidney, heart, chitterlings)	Refreeze	Discard
Casseroles, stews, soups	Refreeze	Discard
Fish, shellfish, breaded seafood products	Refreeze	Discard
	However, there will be some texture and flavor loss	
<b>DAIRY</b>		
Milk	Refreeze	Discard
Eggs (out of shell) and egg products	May lose some texture Refreeze	Discard
Ice cream, frozen yogurt	Discard	Discard
Cheese (soft and semi-soft)	Refreeze	Discard
	May lose some texture	
Hard cheeses	Refreeze	Refreeze
Shredded cheeses	Refreeze	Discard
Casseroles containing milk, cream, eggs, soft cheeses	Refreeze	Discard
Cheesecake	Refreeze	Discard
<b>FRUITS</b>		
Juices	Refreeze	Refreeze. Discard if mold, yeasty smell, or sliminess develops
Home or commercially packaged	Refreeze Will change texture and flavor	Refreeze. Discard if mold, yeasty smell, or sliminess develops
<b>VEGETABLES</b>		
Juices	Refreeze	Discard after held above 40 °F for 6 hours
Home or commercially packaged or blanched	Refreeze May suffer texture and flavor loss	Discard after held above 40 °F for 6 hours
<b>BREADS, PASTRIES</b>		
Breads, rolls, muffins, cakes (without custard fillings)	Refreeze	Refreeze
Cakes, pies, pastries with custard or cheese filling	Refreeze	Discard

Home Delivered Meals
Amherst - 413-259-3164
Chester - 413-562-0249
Chesterfield - 413-727-3281
Cummington - 413-727-3281
Easthampton - 413-727-3281
Hadley - 413-584-6784
Hatfield - 413-727-3281
Huntington - 413-562-0249
Goshen - 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
Chesterfield - 413-296-4007
Cummington - 413-634-2262
Easthampton - 413-527-6151
Hadley - 413-586-4023
Hatfield - 413-247-9003
Goshen - 413-374-7430
Middlefield - 413-623-9990
Russell - 413-862-6217
Southwick - 413-569-0410
Walter Salvo House - 413-584-6784
Washington House - 413-562-0249
Westhampton - 413-203-9808
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.