

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Highland Valley ELDER SERVICES	Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg) ☺ Local Produce 🌿: Vegetarian			1 Chicken Alfredo & Pasta (144) Broccoli (9) Green Beans (3) Dinner Roll (132) #Oatmeal Raisin Cookie (84) Cal:758 Sodium: 500 Carb: 97
4 Maple Glazed Salmon (222) Couscous (47) Zucchini & Tomatoes (40) Cauliflower (14) Fresh Fruit (2) Cal: 725 Sodium: 451 Carb: 120	5 🌿Lentil Stew (499) Carrots & Turnips & Onions (165) French Bread (150) Pears (10)  Cal: 708 Sodium: 951 Carb: 108	6 Chicken A La King & Pasta (105) Green Peas (33) Dinner Roll (132) #Pudding w/ Topping (146) Cal: 767 Sodium: 542 Carb: 96	7 Cobb Salad (145) Tomato & Cucumber Slices (8) 1 Pita Bread (203) #Fruit Crisp (16) Cal: 713 Sodium: 498 Carb: 92	8 Pot Roast w/ Gravy (106) Mashed Potatoes (93) Green Beans (3) Dinner Roll (132) #Chocolate Zucchini Bread (86) Cal: 736 Sodium: 555 Carb: 73
11 🌿French Toast Bites (270) Vegetable & Cheese Frittata (129) Roasted Potatoes (41) Orange Juice (15) Cal: 737 Sodium: 581 Carb: 84	12 Pollock Florentine (225) Rice Pilaf (64) Cauliflower & Broccoli (30) Fresh Fruit (2) Cal: 723 Sodium: 446 Carb: 90	13 Cheeseburger Chowder (246) 1 Slice Wheat Bread (115) Corn & Green Peas (101) #Chocolate Chip Cookie (90) Cal: 683 Sodium: 677 Carb: 97	14 General TSO Chicken (464) Brown Rice (7) Green Beans (4) Peppers & Onions (43)  Mandarin Oranges (7) Cal: 724 Sodium: 650 Carb: 113	15 Corned Beef ** (640) ☺ Cabbage (41)  Potatoes (10) Dinner Roll (132) Peaches (9) Cal: 676 Sodium: 957 Carb: 101
18 Spaghetti & Meat Sauce (191) Broccoli (9) Garlic Knots (245) Pears (4) Cal: 791 Sodium: 573 Carb: 81	19 Kielbasa ** (624) Cabbage & Fennel & Onions (34) Green Beans (3) Dinner Roll (132) #Pudding w/ Topping (146) Cal: 728 Sodium: 1065 Carb: 70	20 Salmon & Dill Sauce (145) Quinoa Pilaf (49) Indian Corn Casserole (58)  #Birthday Cake (196) Cal: 770 Sodium: 573 Carb: 78	21 Beef & Bean Chili (340) Roasted Potatoes (5) Roasted Cauliflower (20) 1 Oatmeal Bread (121) Fresh Fruit (2) Cal: 714 Sodium: 613 Carb: 98	22 Roasted Chicken w/ Gravy (184) Roasted Sweet Potatoes (55) Green Peas & Carrots (75) Dinner Roll (132) #Yogurt (80) Cal: 780 Sodium: 652 Carb: 108
25 Meatballs & Sauce (328) Grinder Roll (270) Spinach & Onions (82) Yellow Squash (6)  Peaches (6) Cal: 741 Sodium: 817 Carb: 79	26 🌿Greek Salad (194) Hummus (368) 1 Pita Bread (203) #Yogurt (80) Cal: 751 Sodium: 970 Carb: 102	27 Breaded Fish (256) Hamburger Bun (160) Tartar Sauce (153) Carrots (64) Brussel Sprouts (14) Pineapple (2) Cal: 700 Sodium: 773 Carb: 92	28 Shepard's Pie (183) ☺ Roasted Butternut Squash (52) Dinner Roll (132) Fresh Fruit (2) Cal: 744 Sodium: 495 Carb: 98	29 Mulligatawny Soup (160) Chickpeas & Tomatoes & Onions (105) French Bread (150) #Gelatin w/ Topping (44) Cal: 703 Sodium: 584 Carb: 73

March – Nutrition Month

Connection in Every Bite

Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Local programs serve as hubs where people ages 60+ can find healthy meals and vital services that strengthen social connections and promote well-being.

This month the theme is Connection in Every Bite, this topic highlights one of the most important aspects of our program that is the relationship between food and social connection. Each program serves and builds a community through the meals and the fellowship, they provide a powerful reminder that the act of coming together over a meal fosters a sense of belonging, contributes to the health of participants, and creates an opportunity for connection in every bite.

The positive impact of eating together

Studies have shown that people who dine with others regularly eat healthier and report a better quality of life. It provides a sense of structure and belonging while offering greater opportunities for improving nutrition. Coming together over a meal can also provide meaningful ways to connect with others over shared beliefs and cultural interests. Benefits may include:

Physical Health

- Improved Nutrition
- Reduced risk of chronic conditions
- Better mobility

Mental Health

- Increased self-care
- Sense of well-being
- Reduced anxiety and depression

Social Health

- Opportunities to connect
- Stronger relationships
- Reduced loneliness

Reduced hunger is more common as we age

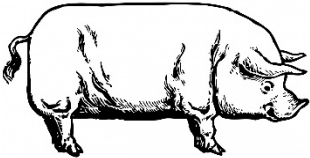
As a result, some older adults skip meals or eat in an unbalanced manner when eating alone. When we eat with others, our nutrition intake improves. You tend to eat better overall when eating certain food groups like protein and vegetables. Because of this you also improve your nutrition increasing your intake of more iron, calcium and folate and overall calories.



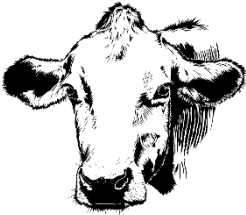
St. Patrick’s Day - History of Corned Beef and Cabbage
How did this become the traditional meal for St. Patrick’s Day?



1700s – Cattle are brought to Ireland by British landowners for farming and beef production. This causes Ireland to become known for exporting corned (salty) beef to England, France and the colonies. At this time beef is too expensive for the Irish, so they use corned pork or ham.



1800s – During this time Ireland was suffering from famine and had poor living conditions. These conditions cause millions of Irish immigrants to come to America to seek a better quality of life. Many of these immigrants ended up living in New York, where they find corned (salted) beef to be very cheap. Many of the Irish immigrants saw this beef as a luxury item and with the cost being lower quickly made the switch. Growing Irish populations in cities across the US turned St. Patrick’s Day into a celebration of Irish pride and nationality. With this new traditions began like parades and eating corned beef and cabbage came in to replace the older traditions



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.		