

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																			
<p>1 <i>Choice: Orange Chicken (96)</i></p> <p>Chicken Fajita (88) Rice & Beans (28) Corn (1) Tortilla (173) Fresh Fruit (2) Cal: 723 Sodium: 417 Carb: 101</p>	<p>2 <i>Choice: Orange Chicken (96)</i></p> <p> Pasta Primavera (190) Garlic Knots (245) Broccoli (11) Mandarin Oranges (9) Cal: 789 Sodium: 580 Carb: 101</p>	<p>3 <i>Choice: Orange Chicken (96)</i></p> <p>Honey Mustard Salmon (121) Couscous (11) Zucchini & Onions (8) Dinner Roll (132) #Apple Crisp (64) Cal: 783 Sodium: 462 Carb: 105</p>	<p>4 <i>Choice: Orange Chicken (96)</i></p> <p>Stuffed Pepper Casserole (137)  Butternut Squash (46) Green Peas (66) Pears (4)  Cal: 729 Sodium: 378 Carb: 69</p>	<p>5 <i>Choice: Egg Salad (175)</i></p> <p>Tuna Salad (141) 2 Slices Pumpernickel Bread (310) Broccoli Salad (150) Cherry Tomatoes (4) #Gelatin w/ Topping (125) Cal: 718 Sodium: 855 Carb: 75</p>	<p>8 <i>Choice: Beef Wellington (210)</i></p> <p>Chicken Marsala (405) Pasta (2) Cauliflower (14) Zucchini & Tomatoes (40) #Yogurt (80) Cal: 773 Sodium: 667 Carb: 109</p>	<p>9 <i>Choice: Beef Wellington (210)</i></p> <p>Hotdog (437)  Bun (230) Tater Tots (30) Summer Squash (5) Fresh Fruit (2) Cal: 730 Sodium: 829 Carb: 92</p>	<p>10 <i>Choice: Beef Wellington (210)</i></p> <p>Meatloaf & Gravy (245) Potatoes (5) Spinach & Onions (76) Asparagus (3) #Pudding w/ Topping (146) Cal: 817 Sodium: 749 Carb: 85</p>	<p>11 <i>Choice: Chicken Salad (185)</i></p> <p>Chef Salad – Turkey & Cheese (452) Pickled Beets (177) French Bread (150) Italian Dressing (119) Pineapple (2) Cal: 652 Sodium: 1025 Carb: 73</p>	<p>12 <i>Choice: Beef Wellington (210)</i></p> <p>Chicken Coq Au Vin (258) Green Beans (3) White Rice (3) Corn (1) #Birthday Cake (197) Cal: 763 Sodium: 586 Carb: 90</p>	<p>15 NO MEALS</p> <p>PATRIOT DAY</p>	<p>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</p>	<p>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</p>	<p>18 <i>Choice:  Lasagna (290)</i></p> <p>Baked Pollock (213)  Rice Pilaf (57) Green Beans & Garlic (5) Carrots (85) Mandarin Oranges (6) Cal: 721 Sodium: 491 Carb: 90</p>	<p>19 <i>Choice:  Lasagna (290)</i></p> <p>Turkey Pot Pie (291) Broccoli (23) #Fruit Compote (8) Cal: 717 Sodium: 446 Carb: 92</p>	<p>22 <i>Choice: Sausage & Onion Quiche (324)</i></p> <p>Curry Chicken (128)  Brown Rice (5) Zucchini & Peppers (5) Green Peas (66) Pears (4) Cal: 708 Sodium: 335 Carb: 84</p>	<p>23 <i>Choice: Sausage & Onion Quiche (324)</i></p> <p>Minestrone Soup (179) Roasted Potatoes (7) 1 Slice Multigrain Bread (99) Summer Squash (11) #Oatmeal Raisin Cookie (120) Cal: 661 Sodium: 541 Carb: 99</p>	<p>24 <i>Choice: Sausage & Onion Quiche (324)</i></p> <p>Lemon Pepper Haddock (422) Quinoa (81) Cauliflower (19) Dinner Roll (132) Pineapple (1) Cal: 701 Sodium: 781 Carb: 75</p>	<p>25 <i>Choice: Sausage & Onion Quiche (324)</i></p> <p>Beef Hamburger (200) Bun (160) Lettuce & Tomatoes (7) Baked Beans (149) Sweet Potatoes (35) Fresh Fruit (2) Cal: 755 Sodium: 678 Carb: 108</p>	<p>26 <i>Choice: Sausage & Onion Quiche (324)</i></p> <p>Pizza Day** (666) Garden Salad (41) Italian Dressing (119) Cali Blend Vegetables (27) #Spiced Peaches (8) Cal: 756 Sodium: 986 Carb: 98</p>	<p>29 <i>Choice: Breaded Chicken Bites (337)</i></p> <p>Salmon & Dill Sauce (206) Carrots (85) Green Beans (4) Roasted Potatoes (5) Mandarin Oranges (6) Cal: 741 Sodium: 431 Carb: 74</p>	<p>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</p>	<p></p> <p>Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Friendly Dessert **Higher Sodium Item (>500mg)  Local Produce  Vegetarian</p>	<p> Highland Valley ELDER SERVICES</p>
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Funding Sources include the City of Westfield Community Development Block Grant
 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 413-561-7313 for guidance on managing your intake to meet your dietary requirements. To cancel a meal, please see reverse side.

