

Nutrition Column

Greater Boston Chinese Golden Age Center Communication Sign-Up (Optional)

In case of **snow or emergencies** (such as temporary closures or meal service changes), **we may need to share updates quickly.** We use WeChat, WhatsApp, and email for notifications.

Is this required?

- No, participation is optional
- Not signing up will not affect your services
- However, it helps us reach you quickly during emergencies

We send updates about:

- Snow or severe weather
- Temporary closures or service changes
- Monthly newsletters

How to sign up:

- Scan the QR code on the right
- Ask a family member or caregiver to help
- Search WeChat ID: GBCGAC
- Search our WhatsApp number 617-947-5882
- Leave your email with the meal delivery driver or call 857-990-1775

Questions? Please call 857-990-1775.



Senior Centers/Meal Sites

Quincy Tower

5 Oak Street West, Boston, MA 02116
Tel: (617) 423-7560 Fax: (617) 423-0502

Breakfast & Lunch Dine-In
Breakfast Time: **8:00am-10:00am**
Lunch Time: **11:15am-12:30pm**

Open for in-person activities: Taichi, Dance, ESL, Calligraphy, Smart Phone Workshops, Painting

Hong Lok House

25 Essex Street, Boston, MA 02111
Tel: (617) 936-3966 Fax: (617) 350-4621

Lunch Dine-In
Lunch Time: **11:30am-1:00pm**

Open for in-person activities: Dance, ESL, Balance Exercise, Technology Workshops

Brighton House

677 Cambridge St., Brighton, MA 02135
Tel: (617) 789-4289 Fax: (617) 789-5623

Lunch Dine-In
Lunch Time:
11:30am-12:00pm

Open for in-person activities: Taichi Soft Ball, Technology Workshops, ESL, Dance

Operation time: Monday to Friday
from 9:00am to 2:00pm.

For detailed activity schedule, please check our website OR social media platforms.



GBCGAC



GBCGAC



Greater Boston 中華耆英會
Chinese Golden Age Center



Greater Boston Chinese Golden Age Center

Nutrition Program

Monthly Menu
April
2026

中華耆英會
營養計劃




April Monthly Menu

* indicates higher sodium items > 500 mg

Customer Service: 857-990-1775
Manday-Friday 9:30am- 3:00pm

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1 style="font-size: 4em; color: #e91e63;">Easter</h1>				
		1 Baked Fish Fillet with Italian Seasoning Main Course + 613*mg Milk + 125mg Rice + 3mg Total Sodium = 741mg Calories: 731kcal	2 Mapo Tofu with Minced Pork Main Course + 515*mg + 125mg + 3mg Total Sodium = 643mg Calories: 958kcal	3 Soy-braised Pork Ribs with Pumpkin Main Course + 560*mg + 125mg + 3mg Total Sodium = 688mg Calories: 772kcal
6 Noodles with Minced Pork with Soy Bean Sauce Main Course + 435*mg Milk + 125mg Noodles + 252mg Total Sodium = 812mg Calories: 564kcal	7 Yu-shiang Eggplant with Minced Pork Main Course + 160mg + 125mg + 3mg Total Sodium = 288mg Calories: 561kcal	8 Stir-fried Shrimp with Salt and Pepper Spices Main Course + 736*mg + 125mg + 3mg Total Sodium = 864mg Calories: 464kcal	9 Buddhist Delight Main Course + 298mg + 125mg + 3mg Total Sodium = 426mg Calories: 563kcal	10 Soy-braised Chicken Thigh Main Course + 235mg + 125mg + 3mg Total Sodium = 364mg Calories: 651kcal
13 Steamed Pork Patty with Chinese Pickles Main Course + 112mg Milk + 125mg Rice + 3mg Total Sodium = 251mg Calories: 629kcal	14 Fish Fillet with Sacha Sauce Main Course + 580*mg + 125mg + 3mg Total Sodium = 709mg Calories: 564kcal	15 Shrimp with Garlic Sauce Main Course + 784*mg + 125mg + 3mg Total Sodium = 913mg Calories: 576kcal	16 Thai-style Chicken Wings Main Course + N/A + 125mg + 3mg Total Sodium = N/A Calories: N/A	17 Chinese Sausage and Bacon over Rice Main Course + N/A + 125mg + 3mg Total Sodium = N/A Calories: N/A
20 Closed for the day Patriots' Day	21 Steamed Dumpling Main Course + 968*mg + 125mg Total Sodium = 1093mg Calories: 477kcal	22 Braised Chicken Thigh Main Course + 551*mg + 125mg + 3mg Total Sodium = 680mg Calories: 661kcal	23 Tofu Stew with Pork Slices Main Course + 123mg + 125mg + 3mg Total Sodium = 252mg Calories: 601kcal	24 Pork Ribs with Sweet and Vinegar Sauce Main Course + 358mg + 125mg + 3mg Total Sodium = 485mg Calories: 788kcal
27 Stir-fried Trio Main Course + 1121*mg Milk + 125mg Rice + 3mg Total Sodium = 1249mg High Sodium Calories: 627kcal	28 Spicy-boiled Fish Fillet Main Course + 426mg + 125mg + 3mg Total Sodium = 554mg Calories: 537kcal	29 Baked Pork Ribs with Black Bean Sauce over Rice Noodles Main Course + 923*mg + 125mg Rice Noodles + 252mg Total Sodium = 1052mg Monthly Special Calories: 758kcal	30 Baked Egg Patty Main Course + 340mg + 125mg + 3mg Total Sodium = 468mg Calories: 689kcal	

If you choose not to eat your lunch right away, please put it in the refrigerator immediately.

When you are ready to consume the lunch:

1. Slit the plastic cover open or peel it back
2. Re-heat in the microwave for 2-3 minutes
3. Preheat oven to 350° then place container on cookie sheet and heat for 10 – 20 minutes. Do not heat over 30 minutes.

*Caution: containers should never be put into a toaster oven.

Note: Fruits and vegetables listed on the menu are subject to change due to seasonal availability. We reserve the right to modify an entrée for holidays or special occasions. **Please watch out for small bones in your meal to avoid choking or discomfort while eating.**



Meals are based on a No Added Salt (3-4 gm sodium diet) for healthy older adult. If you have a special concern regarding sodium, contact the Dietitian for guidance on managing your intake to meet your diet requirements. The nutrition information above does not include vegetables nor fruits. Vegetables - calorie 30 - 60 kcal, sodium 60 - 150 mg; Fruits - calorie 71 - 105 kcal, sodium 1 - 2 mg. Meals may contain allergens including milk, egg, fish, crustaceans, tree nuts, wheat, peanut, soybeans and sesame; and, food ingredient that contain these proteins.