

Nutrition Column

Summer Food Safety

Keep Food Out of the Danger Zone

Hot weather allows harmful bacteria to grow quickly. Older adults may become more seriously ill from food poisoning, so safe food handling is especially important.

Bacteria grow rapidly between **41°F and 135°F (5°C and 57°C)**, known as the **“danger zone.”** Do not leave cooked food, meat, dairy products, tofu, cooked rice, noodles, soups, or cut fruit at room temperature for more than **two hours**. When the temperature is above **90°F (32°C)**, refrigerate food within **one hour**.

Practical tips:

- Refrigerate delivered meals promptly if you are not ready to eat.
- Keep the refrigerator at **41°F (5°C) or below**.
- Reheat leftovers until they are steaming hot throughout.
- Use an insulated bag with ice packs when carrying food outside.
- Do not taste food to check whether it is safe.

Food may be unsafe even if it looks or smells normal. **When in doubt, throw it out.**

This article was provided by Dietitian Sophia Ding. If you have any questions, please call 617-357-0226

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 August 2026

中華耆英會
營養計劃



August Monthly Menu

* indicates higher
sodium items > 500 mg

Customer Service: 857-990-1775
Monday-Friday 9:00am- 5:00pm

Food Safety Rules

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.

Please watch out for small bones in your meal to avoid choking or discomfort while eating.

Client Not at Home Policy

For food safety and client well-being, meals cannot be left unattended if no one is home to receive them. If you have any special delivery instructions or changes, please contact us or your case manager in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Fish Fillet with Garlic Main Course + 160mg Milk + 125mg Rice + 3mg Total Sodium = 289mg Calories: 503kcal	4 Family-style Vegetarian Dish Main Course + 235mg + 125mg + 3mg Total Sodium = 364mg Calories: 558kcal	5 Lo Mien with Soy-brased Chicken Thigh Main Course + N/A + 125mg Noodle + 252mg Total Sodium = N/A Monthly Special Calories: N/A	6 Baked Egg Patty Main Course + 340mg + 125mg + 3mg Total Sodium = 468mg Calories: 689kcal	7 Soy-braised Tofu Main Course + 549*mg + 125mg + 3mg Total Sodium = 678mg Calories: 702kcal
10 Baked Pork Chop with Onion Main Course + 460mg Milk + 125mg Rice + 3mg Total Sodium = 588mg Calories: 894kcal	11 Yu-Shiang Eggplant with Minced Pork Main Course + 160mg + 125mg + 3mg Total Sodium = 288mg Calories: 561kcal	12 Stir-fried Shrimp with Salt and Pepper Spice Main Course + 736*mg + 125mg + 3mg Total Sodium = 864mg Calories: 464kcal	13 Baked Pork Ribs with Pickled Mustard Main Course + 509*mg + 125mg + 3mg Total Sodium = 638mg Calories: 610kcal	14 Thai-style Baked Chicken Wings Main Course + 459mg + 125mg + 3mg Total Sodium = 588mg Calories: 749kcal
17 Noodles with Minced Pork with Soy Bean Sauce Main Course + 435mg Milk + 125mg Noodle + 252mg Total Sodium = 812mg Calories: 564kcal	18 Baked Fish Fillet with Italian Seasoning Main Course + 613*mg + 125mg + 3mg Total Sodium = 741mg Calories: 731kcal	19 Tofu and Roasted Pork Stew Main Course + 123mg + 125mg + 3mg Total Sodium = 259mg Calories: 571kcal	20 Sweet and Sour Stir-fried Shrimp Main Course + 763*mg + 125mg + 3mg Total Sodium = 892mg Calories: 571kcal	21 Baked Chicken Thigh in Ginger Powder Main Course + 312mg + 125mg + 3mg Total Sodium = 440mg Calories: 701kcal
24 Baked Fish Fillet with Black Bean Sauce Main Course + 349mg Milk + 125mg Rice + 3mg Total Sodium = 478mg Calories: 565kcal	25 Buddhist Delight Main Course + 298mg + 125mg + 3mg Total Sodium = 426mg Calories: 563kcal	26 Baked Pork Patty with Shiitake Mushroom Main Course + 352mg + 125mg + 3mg Total Sodium = 480mg Calories: 653kcal	27 Baked Chicken Thigh with Scallion and Ginger Sauce Main Course + 456mg + 125mg + 3mg Total Sodium = 585mg Calories: 785kcal	28 Mixed Seafood Stir-fry Main Course + 809*mg + 125mg + 3mg Total Sodium = 937mg Calories: 492kcal
31 Baked Pork Ribs with Garlic Main Course + 923*mg Milk + 125mg Rice + 3mg Total Sodium = 1052mg Calories: 714kcal				

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.

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.

