


# LIFEPATH - MAY 2017

## CONGREGATE LUNCH MENU - Suggested Voluntary Confidential Donation is \$2.50 per meal

PLEASE CALL YOUR MEAL SITE BEFORE 11AM ONE SERVING DAY AHEAD TO ORDER OR CANCEL A MEAL. Bernardston 413-648-5319

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 mg Sodium</b> Meatloaf 216 Mushroom Gravy 83 Mashed Potatoes 66 Green Beans 3 Dinner Roll 132 Fresh Fruit 1 <hr/> Total Sodium (mg): 626 Calories: 735	<b>2 mg Sodium</b> Haddock Newburg 364 Orzo Pilaf w/Spinach 57 California Veg Blend 22 Wheat Bread 160 Mixed Fruit 10 <hr/> Total Sodium (mg): 738 Calories: 542	<b>3 mg Sodium</b> American Chop Suey 288 Tossed Salad 5 Italian Bread 230 Choc Chip Cookie 160 Diet:Choc Grahams 95 <hr/> Total Sodium (mg): 808 Calories: 861	<b>4 mg Sodium</b> Lemon Piccata Chicken 401 Garlic Mashed Potatoes 66 Italian Green Beans 3 Multigrain Bread 164 Snack n Loaf 115 Diet: Gingerboy 60 <hr/> Total Sodium (mg): 873 Calories: 683	<b>5 mg Sodium</b> Sweet and Sour Meatballs 228 Brown Rice 5 Oriental Style Veggies 21 Wheat Bread 160 Pineapple 1 <hr/> Total Sodium (mg): 541 Calories: 627
<b>8 mg Sodium</b> Corn Chowder 172 BBQ Turkey Burger 402 New Potato Salad 96 Hamburg Roll 230 Fresh Orange 0 <hr/> Total Sodium (mg): 1025 Calories: 696	<b>9 mg Sodium</b> Beef & Cabbage Casserole 301 Carrots 64 Rye Bread 150 Strawberry Yogurt 75 <hr/> Total Sodium (mg): 715 Calories: 613	<b>10 High Sodium Meal</b> <u><b>COLD PLATE</b></u> Cheesy Cauliflower Soup 319 Turkey Apple Salad* 619* Pasta Salad 153 Wheat Dinner Roll 105 Diced Pears 5 <hr/> Total Sodium (mg): 1326* Calories: 721	<b>11 mg Sodium</b> Roast Pork 73 Rosemary Gravy 83 Chantilly Potatoes 238 Tossed Salad 5 Multigrain Bread 164 Applesauce 15 <hr/> Total Sodium (mg): 702 Calories: 586	<b>12 mg Sodium</b> Stuffed Chicken Breast with Sage Stuffing 500* Supreme Sauce 13 Rice Pilaf 141 Broccoli Au Gratin 158 Whole Wheat Bread 160 Straw Apple Crisp 9 Diet:Apple Grahams 85 <hr/> Total Sodium (mg): 1106 Calories: 780
<b>15 mg Sodium</b> Lasagna Roll Up 290 Meat Sauce 50 Italian Veg Blend 41 Italian Bread 230 Fresh Fruit 1 <hr/> Total Sodium (mg): 738 Calories: 535	<b>16 mg Sodium</b> Chicken Coq Au Vin 387 Red Bliss Potatoes 5 Mixed Vegetables 88 Wheat Bread 160 Diced Peaches 5 <hr/> Total Sodium (mg): 770 Calories: 580	<b>17 mg Sodium</b> Potato Pollock Filet 273 Tartar Sauce 100 Mashed Potatoes w/Sour Cream & Chive 94 Coleslaw 101 Multigrain Bread 164 Pineapple Whip 87 <hr/> Total Sodium (mg): 944 Calories: 828	<b>18 mg Sodium</b> Chicken Penne ala Vodka 346 Calif Veg Blend 22 Italian Bread 230 Fresh Pear 2 <hr/> Total Sodium (mg): 725 Calories: 978	<b>19 mg Sodium</b> Chunky Tomato Soup 177 Broccoli Bake 482 Home Fries 5 Wheat Bread 160 Mixed Fruit 10 <hr/> Total Sodium (mg): 958 Calories: 677
<b>22 mg Sodium</b> Beef Stew 200 Brussels Sprouts 12 Biscuit 340 Blueberry Yogurt 75 <hr/> Total Sodium (mg): 752 Calories: 726	<b>23 mg Sodium</b> Shepherd's Pie 178 Genoa Veg Blend 45 Multigrain Bread 164 Snack n Loaf 115 Diet:Lorna Doons 100 <hr/> Total Sodium (mg): 626 Calories: 744	<b>24 mg Sodium</b> Roast Pork 73 with Apple Gravy 23 Sweet Potatoes 35 Tossed Salad 5 White Bread 123 Sliced Apples 4 <hr/> Total Sodium (mg): 388 Calories: 584	<b>25 mg Sodium</b> Veg Gumbo Soup 50 BBQ Chicken Breast 402 Baked Beans 39 Wheat Bread 160 Choc Brownie 149 Dt: Choc Grahams 95 <hr/> Total Sodium (mg): 925 Calories: 750	<b>26 mg Sodium</b> <u><b>COLD PLATE</b></u> Chicken Salad with Cranberries 554* New Macaroni Salad 206 3 Bean Salad 174 Wheat Dinner Roll 105 Pineapple Chunks 1 <hr/> Total Sodium (mg): 1165 Calories: 651
<b>29 MEMORIAL DAY HOLIDAY</b> <b>NO MEALS SERVED</b> 	<b>30 mg Sodium</b> Meatballs with 236 Mushroom Gravy 83 Egg Noodles 4 Peas & Carrots 72 Wheat Bread 160 Tropical Fruit Salad 10 <hr/> Total Sodium (mg): 689 Calories: 688	<b>31 mg Sodium</b> Grilled Chicken 320 Teriyaki 42 Brown Rice 5 Broccoli 10 Wheat Bread 160 Mandarin Oranges 7 <hr/> Total Sodium (mg): 669 Calories: 532	<b>ALL MEALS INCLUDE:</b>  <b>1% MILK</b> <b>110 CALORIES</b> <b>125 mg SODIUM</b>	<b>ALTERNATIVE MENUS:</b> <b>MAY 4 - Turkey Salad w/Cranberries, Pasta Salad, Pineapple Chunks.</b> <b>MAY 11 - Chicken w/red pepper pesto, Mac Salad, Peaches.</b> <b>MAY 18 - Sliced Turkey, Potato Salad, Beet Salad.</b> <b>MAY 25 - Roast Beef, Chick Pea Cilantro Salad, Pears.</b>

**Sodium Levels are listed next to each individual menu item.** Meals are based on a No Added Salt (3000 - 4000mg sodium diet) for healthy older adults. If you have a concern regarding the sodium, contact the Nutritionist for guidance on managing your intake to meet your diet requirements at 413-773-5555, Ext. 2233.

\*Indicates higher sodium items greater than 500mg.

Menu subject to change without notice.