

LIFEPATH - JUNE 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. Athol 978-249-9001, Bernardston 413-648-5319, Charlemont 413-339-5720, Erving 413-423-3308, Leverett 413-367-2694, Montague 413-863-9357, New Salem 978-544-6437, Northfield 413-498-2186, Orange 978-544-7082, Petersham 978-724-3276, Phillipston 978-249-3164, Royalston 978-249-9656, Shelburne 413-625-6266, South County 413-665-5063, Warwick 413-544-2630.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS INCLUDE: 1% MILK 110 calories 125 mg sodium	<u>ALTERNATIVE MENUS:</u> JUNE 8 - Chicken Caesar Salad, Grated Parmesan, Mandarin Oranges. June 15 - Sliced Turkey, Italian Pasta Salad, Mixed Fruit.	<u>ALTERNATIVE MENUS CONTINUED:</u> JUNE 22 - Chicken Asian Slaw, Hoisan Black Bean Salad, Pineapple Chunks. JUNE 29 - Sliced Ham, Kidney Bean Salad, Tropical Fruit.	1 mg Sodium Beef Chili 237 Corn Bread 291 Tossed Salad 5 Fresh Fruit 1	2 mg Sodium Roast Turkey 456 Herb Gravy 59 Whipped Potatoes 66 Green Beans 3 White Bread 123 Vanilla Pudding 170 Dt: Vanilla Pudding 173
			Total Sodium (mg): 659	Total Sodium (mg): 1002
			Calories: 601	Calories: 663
5 mg Sodium Macaroni & Cheese 488 Stewed Tomatoes 150 Multigrain Bread 164 Raisins 4	6 mg Sodium Grilled Chicken 320 Honey Mustard Sauce 107 Hamburger Bun 230 Tater Tots 29 Cole Slaw 101 Mixed Fruit 10	7 mg Sodium Alaskan Salmon Boat 210 Dill Sauce 66 Red Bliss Potatoes 5 Cauliflower au Gratin 183 Wheat Dinner Roll 105 Chocolate Mousse 280 Diet: Choc Mousse 112	8 mg Sodium <u>Cold Plate</u> Corn Chowder 172 Egg Salad 243 Macaroni Salad 118 Wheat Bread 160 Macintosh Apple 1	9 mg Sodium Honey BBQ Pork Riblet 492 Baked Beans 39 Riviera Veg Blend 140 White Bread 123 Fruited Straw Jello 73 Diet: Jello 73
Total Sodium (mg): 930 Calories: 793	Total Sodium (mg): 922 Calories: 672	Total Sodium (mg): 974 Calories: 759	Total Sodium (mg): 819 Calories: 730	Total Sodium (mg): 993 Calories: 619
12 mg Sodium Salisbury Steak 240 Stroganoff Sauce 135 Chantilly Potatoes 238 Mixed Vegetables 88 Wheat Bread 160 Blueberry Yogurt 75	13 mg Sodium Parmesan Encrusted Tilapia 360 Garlic Mashed Potatoes 66 Spinach 109 Wheat Bread 160 Apricots 10	14 mg Sodium Meatballs Marinara 330 Spaghetti 1 Tossed Salad 5 Italian Bread 230 Fresh Fruit 1	15 mg Sodium Navy Bean Soup 222 Sloppy Joe 259 Home Fries 5 Hamburger Bun 230 Applesauce Fruitcup 10	16 mg Sodium Grilled Chicken Breast 320 Apricot Glaze 32 Yams 31 Broccoli 10 Wheat Bread 160 Blueberry Buckle 360 Dt: Maple Grahams 115
Total Sodium (mg): 1060 Calories: 671	Total Sodium (mg): 830 Calories: 707	Total Sodium (mg): 692 Calories: 680	Total Sodium (mg): 851 Calories: 746	Total Sodium (mg): 1039 Calories: 725
19 mg Sodium Beef Wrap 217 Peppers & Onions 27 Tortilla 250 Spanish Rice 111 Calif Veg Blend 22 Cherry Snack n Loaf 115 Dt: Vanilla Pudding 173	20 mg Sodium Lasagna Rollup 290 with Meat Sauce 50 Roman Style Veggies 30 Wheat Bread 160 Strawberry Yogurt 75	21 mg Sodium White Bean Chicken Chili 314 Brown Rice 5 Broccoli 10 Corn Bread 291 Raisins 4	22 mg Sodium Roast Pork 73 Cran Orange Sauce 18 Scalloped Potatoes 25 Genoa Veg Blend 45 Wheat Bread 160 Sliced Apples 4	23 mg Sodium <u>Cold Plate</u> Grilled Chicken Breast 320 Red Pepper Pesto 22 Potato Salad 96 Beet & Onion Salad 217 Wheat Dinner Roll 105 Mandarin Oranges 7
Total Sodium (mg): 867 Calories: 690	Total Sodium (mg): 730 Calories: 538	Total Sodium (mg): 749 Calories: 732	Total Sodium (mg): 450 Calories: 593	Total Sodium (mg): 767 Calories: 443
26 mg Sodium Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Wheat Bread 160 Macintosh Apple 1	27 mg Sodium Grilled Chicken 320 Marsala 75 O'Brien Potatoes 34 Winter Veg Blend 29 Wheat Bread 160 Diced Peaches 5	28 mg Sodium Butternut Squash Bisque 149 Potato Pollock 273 Tartar Sauce 100 Brown Rice Pilaf 159 White Bread 123 ApplesauceFruitcup 10	29 mg Sodium Roast Turkey 456 Divan Sauce 77 Sweet Potatoes 35 Broccoli 10 Wheat Bread 160 Snack n Loaf 115 Diet:Lorna Doons 100	30 mg Sodium Meatballs in 190 Burgundy Sauce 123 Whipped Potatoes 66 Tossed Salad 5 Wheat Bread 160 Straw Rhubarb Crisp 7 Dt: Cinn Grahams 85
Total Sodium (mg): 923 Calories: 708	Total Sodium (mg): 748 Calories: 547	Total Sodium (mg): 939 Calories: 722	Total Sodium (mg): 978 Calories: 695	Total Sodium (mg): 676 Calories: 657

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.