

# LIFEPATH - JULY 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>3 mg Sodium</b> Chicken Cacciatore 272 Bowtie Pasta 1 Italian Veg Blend 41 Italian Bread 230 Fresh Fruit 1	<b>4</b>  <b>FOURTH OF JULY HOLIDAY</b>  <b>NO MEALS SERVED</b>	<b>5 mg Sodium</b> Parmesan Crusted Tilapia 360 Rice Pilaf 141 Carrots 64 Wheat Bread 160 Peaches 5	<b>6 mg Sodium</b> Chicken Breast 320 Lemon Picatta Sauce 81 Penne Pasta 1 Spinach 65 Multigrain Bread 163 Fresh Fruit 1	<b>7 High Sodium Meal</b> BBQ Pulled Pork 424 Macaroni & Cheese 244 Cole Slaw 101 Hamburg Bun 230 Pineapple Whip 87
Total Sodium (mg): 670 Calories: 473		Total Sodium (mg): 854 Calories: 673	Total Sodium (mg): 757 Calories: 579	Total Sodium (mg): 1211* Calories: 837
<b>10 mg Sodium</b> Cheesy Omelet 410 Cheese Sauce 167 Sausage Links 244 Homefries 3 Wheat Bread 160 Blueberry Yogurt 75 Orange Juice	<b>11 mg Sodium</b> Chicken Corn Stew 141 Broccoli 10 Wheat Roll 105 Raisins 4	<b>12 mg Sodium</b> Chicken Breast 320 Red Pepper Sauce 99 Baked Beans 39 Tossed Salad 5 Multigrain Bread 163 Fresh Orange 0	<b>13 mg Sodium</b> Sloppy Joe 259 Tater Tots 29 Mixed Vegetables 88 Hamburger Bun 230 Brownie 165 Diet:Choc Grahams 95	<b>14 mg Sodium</b> Roast Turkey 456 Tarragon Gravy 26 Whipped Potatoes 66 Calif Veg Blend 22 Wheat Bread 160 Butterscotch Pudding 230 Dt:Butterscotch Pudding 125
Total Sodium (mg): 1184 Calories: 784	Total Sodium (mg): 385 Calories: 533	Total Sodium (mg): 752 Calories: 582	Total Sodium (mg): 896 Calories: 837	Total Sodium (mg): 1085 Calories: 663
<b>17 mg Sodium</b> <u><b>COLD PLATE</b></u> Tuna Salad over 328 Lettuce Pasta Salad 153 3 Bean Salad 89 Rye Bread 150 Applesauce Fruit Cup 10	<b>18 mg Sodium</b> Roast Pork 73 Rosemary Gravy 83 Red Bliss Potatoes 5 Genoa Veg Blend 45 Italian Bread 230 Fresh Fruit 1	<b>19 mg Sodium</b> Sweet&Sour Chicken* 610* Brown Rice 5 Tossed Salad 5 Wheat Bread 160 Oatmeal Cookie 124 Dt:Apple Grahams 85	<b>20 mg Sodium</b> Honey BBQ Pork Rib 410 Au Gratin Potatoes 132 Summer Veg Blend 24 White Bread 123 Cherry Snack n Loaf 115 Diet: Lorna Doons 100	<b>21 mg Sodium</b> Chunky Tomato Soup 177 Broccoli Bake 482 Home Fries 5 Multigrain Bread 163 Tropical Fruit Salad 10
Total Sodium (mg): 855 Calories: 635	Total Sodium (mg): 563 Calories: 573	Total Sodium (mg): 1028 Calories: 712	Total Sodium (mg): 928 Calories: 724	Total Sodium (mg): 961 Calories: 693
<b>24 mg Sodium</b> Chicken Breast 320 Orange Sauce 4 White Rice 90 Green Beans 3 Wheat Dinner Roll 105 Blueberry Snack n Loaf 115 Dt: Lemon Grahams 95	<b>25 mg Sodium</b> Meatballs with 190 Marinara Sauce 94 Spaghetti 1 Italian Veg Blend 41 Italian Bread 230 Pineapple 1	<b>26 mg Sodium</b> Beef Burgundy 159 Egg Noodles 4 Tossed Salad 5 Wheat Bread 160 Spice Cake 245 Diet: Lorna Doons 100	<b>27 High Sodium Meal</b> <u><b>COLD PLATE</b></u> Chicken Caesar Salad* 1030* Potato Salad 122 Wheat Roll 105 Fresh Fruit 1	<b>28 mg Sodium</b> Three C Soup 299 Baked Salmon 67 Dill Sauce 66 Sour Cream & Chive Mashed Potatoes 94 White Bread 123 Diced Pears 5
Total Sodium (mg): 761 Calories: 620	Total Sodium (mg): 862 Calories: 664	Total Sodium (mg): 698 Calories: 737	Total Sodium (mg): 1383* Calories: 693	Total Sodium (mg): 779 Calories: 691
<b>31 mg Sodium</b> Baked Meatloaf 216 Mushroom Gravy 83 Tater Tots 29 Carrots 64 Multigrain Bread 163 Cup 10			<b>ALL MEALS INCLUDE:</b>  <b>1% MILK</b> <b>110 CALORIES</b>	<b>ALTERNATIVE MENUS:</b> <u><b>JUL 6</b></u> - Turkey with Cranberries, Pasta Salad, Pineapple. <u><b>JUL 13</b></u> - Sliced Turkey, Mac Salad, Peaches. <u><b>JUL 20</b></u> - Chicken Breast with Red Pesto, Mac Salad, Peaches. <u><b>JUL 27</b></u> - Roast Beef, Chick Pea Cilantro Salad, Pears.
Total Sodium (mg): 689 Calories: 755				

**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.