

# LIFEPATH - AUGUST 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>ALL MEALS INCLUDE:</b>  <b>1% MILK</b> <b>110 CALORIES</b> <b>125 mg SODIUM</b>	<b>1 mg Sodium</b> Beef & Lentil Chili 260 Spinach 65 Brown Rice 5 Rye Bread 150 Escaloped Apples 39 Dt:Cinn Apple Slices Total Sodium (mg): 644 Calories: 695	<b>2 mg Sodium</b> Cr of Broccoli Soup 275 Grilled Chicken 320 Apricot Glaze 32 CousCous w/Red Pepper 45 Wheat Dinner Roll 105 Diced Peaches 5 Total Sodium (mg): 907 Calories: 645	<b>3 mg Sodium</b> Turkey Tetrazzini* 514* Bowtie Pasta 1 Tossed Salad 5 Wheat Bread 160 Fresh Orange 0 Total Sodium (mg): 805 Calories: 537	<b>4 mg Sodium</b> Roast Pork 73 Apple Gravy 23 Chantilly Potatoes 238 Summer Blend Veggies 24 Multigrain Bread 164 Applesauce Fruit Cup 10 Total Sodium (mg): 656 Calories: 651	
	<b>7 mg Sodium</b> Chicken Penne a la Vodka 494 Riviera Vegetables 140 Wheat Bread 160 Strawberry Yogurt 75 Total Sodium (mg): 994 Calories: 955	<b>8 mg Sodium</b> Grilled Chicken 320 Honey Mustard Sauce 213 Orzo & Rice w/Spinach 57 Brussels Sprouts 12 White Bread 123 Diced Peaches 5 Total Sodium (mg): 854 Calories: 553	<b>9 mg Sodium</b> Baked Salmon with Newburg Sauce 67 Sweet Potatoes 35 Spinach 65 Multigrain Bread 164 Blueberry Snack Loaf 160 Diet:Lorna Doons 100 Total Sodium (mg): 684 Calories: 731	<b>10 mg Sodium</b> Hawaiian Meatballs 227 Brown Rice 5 Tossed Salad 5 Wheat Bread 160 Applesauce Fruit Cup 10 Total Sodium (mg): 532 Calories: 624	<b>11 mg Sodium</b> Beef Stew 200 Broccoli 10 Biscuit 340 Hermit Cookie 24 Dt:Apple Oatmeal Bar Total Sodium (mg): 699 Calories: 861
	<b>14 mg Sodium</b> Macaroni & Cheese 488 Stewed Tomatoes 150 Multigrain Bread 164 Fresh Plum 1 Total Sodium (mg): 928 Calories: 757	<b>15 mg Sodium</b> BBQ Beef Burger 282 Tater Tots 29 Peas & Carrots 72 Wheat Hamburg Roll 230 Tropical Fruit Salad 10 Total Sodium (mg): 748 Calories: 718	<b>16 High Sodium Meal</b> Chicken Cordon Bleu* 799* Red Bliss Potatoes 5 Green Beans with Cranberries 3 Wheat Dinner Roll 105 Apple Streusel Cake 191 Diet: Fig Bar 65 Total Sodium (mg): 1226* Calories: 804	<b>17 mg Sodium</b> Roast Pork 73 Rosemary Gravy 83 Whipped Potatoes 66 Genoa Blend Veggies 45 Multigrain Bread 164 Chocolate Pudding 135 Dt: Choc Pudding 156 Total Sodium (mg): 691 Calories: 700	<b>18 mg Sodium</b> <b>COLD PLATE</b> Chef Salad with Turkey, Egg, Cheese 245 Pasta Salad 231 Dinner Roll 132 Fresh Apple 1 Total Sodium (mg): 735 Calories: 615
<b>21 mg Sodium</b> French Meat Pie 297 Mixed Vegetables 88 Rye Bread 150 Vanilla Yogurt 50 Total Sodium (mg): 710 Calories: 795	<b>22 mg Sodium</b> Chicken & Rice Bake 327 Squash Blend 3 Multigrain Bread 164 Applesauce Fruit Cup 10 Total Sodium (mg): 628 Calories: 567	<b>23 mg Sodium</b> Beef Bolognese 223 Rotini 1 Italian Veg Blend 41 Dinner Roll 132 Diced Peaches 5 Total Sodium (mg): 527 Calories: 640	<b>24 High Sodium Meal</b> <b>COLD PLATE</b> Portuguese Kale Soup 281 Turkey Apple Salad* 619* New Macaroni Salad 206 Wheat Roll 105 Blueberry Yogurt 75 Total Sodium (mg): 1411* Calories: 690	<b>25 mg Sodium</b> Chicken Breast 320 Supreme Sauce 56 Bread Stuffing 224 Tossed Salad 5 Wheat Bread 160 Chocolate Mousse 280 Dt: Choc Mousse 112 Total Sodium (mg): 1170 Calories: 630	
<b>28 mg Sodium</b> Potato Pollock 273 Tartar Sauce 100 Whipped Potatoes 66 Mixed Veg Blend 22 White Bread 123 Fresh Peach 1 Total Sodium (mg): 710 Calories: 689	<b>27 mg Sodium</b> Sweet & Sour Pork 93 Brown Rice 5 Oriental Veg Blend 21 Wheat Bread 160 Cherry Snack Loaf 240 Dt:Apple Cinnamon Grahams 85 Total Sodium (mg): 644 Calories: 704	<b>30 mg Sodium</b> Kielbasa & Cabbage Casserole 364 Red Potatoes w/Dill 5 Rye Bread 150 Raisins 4 Total Sodium (mg): 648 Calories: 636	<b>31 mg Sodium</b> Chicken Cacciatore 426 Cavatappi Pasta 1 Tossed Salad 5 Italian Bread 230 Almond Cookie 181 Diet: Lorna Doons 100 Total Sodium (mg): 968 Calories: 715	<b>ALTERNATIVE MENUS:</b> Aug 3 - Egg Salad, Broccoli Salad, Pasta Salad. Aug 10 - Chicken w/Peach Salsa, 3 Bean Salad, Rice & Black Bean Salad. Aug 17 - Roast Beef, Potato Salad, ChickPea Cilantro Salad. Aug 24 - Chicken Breast w/Red Pepper Pesto, Mac Salad, 3 Bean Salad. Aug 31 - Sliced Ham, Beet Salad, Pasta Salad.	

**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.