



# LIFEPATH - DECEMBER 2017

**CONGREGATE LUNCH MENU** - Suggested Voluntary Confidential Donation is \$3.00 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>ALTERNATIVE MENUS:</b> <b>Dec 7 - Ham Salad, Pasta Salad, Pineapple.</b> <b>Dec 14 - Sliced Turkey, Mac Salad, Peaches.</b>	<b>ALTERNATIVE MENUS CONTINUED:</b> <b>Dec 21 - Chicken Breast w/Red Pepper Pesto, Potato Salad, Tropical Fruit.</b> <b>Dec 28 - Roast Beef,</b>		<b>1 mg Sodium</b> Salmon Boat with 210 Dill Sauce 66 Garlic Mashed Potatoes 66 Peas & Onions 34 Marble Bread 127 Cranberry Cake 191 Dt: Lorna Doons 100 <hr/> Total Sodium (mg): 818 Calories: 750
	<b>4 mg Sodium</b> Grilled Chicken 320 Florentine Sauce 27 Cheesy Whipped Potatoes 73 Glazed Carrots 81 Wheat Bread 163 Fresh Pear 2	<b>5 mg Sodium</b> Beef Burger 57 Onion Gravy 26 Wild Rice 185 Broccoli 10 Wheat Bread 160 Mixed Fruit 10	<b>6 mg Sodium</b> Beef Bolognese 163 Penne Pasta 1 Italian Veg Blend 41 Multigrain Bread 164 Blueberry Yogurt 75	<b>7 mg Sodium</b> Hot Dog 490 Hot Dog Roll 270 Baked Beans 39 Carrots 64 Peaches 5
Total Sodium (mg): 788 Calories: 626	Total Sodium (mg): 573 Calories: 682	Total Sodium (mg): 568 Calories: 668	Total Sodium (mg): 993 Calories: 664	Total Sodium (mg): 995 Calories: 716
<b>11 mg Sodium</b> Beef Stew 200 Green Beans 3 Multigrain Bread 164 Tropical Fruit 10	<b>12 mg Sodium</b> Cheese Omelette 410 Cheese Sauce 170 Sausage Links 266 Home Fries 5 Wheat Bread 160 Fresh Orange 0	<b>13 mg Sodium</b> Bok Choy Soup 99 Chicken Teriyaki 479 Brown Rice 5 Multigrain Bread 164 Pineapple 1	<b>14 mg Sodium</b> Steak & Peppers 275 Grinder Roll 218 Tater Tots 29 Tossed Salad 5 Fresh Fruit 1	<b>15 mg Sodium</b> Escarole Soup 52 Grilled Chicken 320 Picatta Sauce 81 O'Brien Potatoes 8 Wheat Bread 160 Brownie/Dt:Lorna Doons 165
Total Sodium (mg): 501 Calories: 695	Total Sodium (mg): 1136 Calories: 775	Total Sodium (mg): 773 Calories: 504	Total Sodium (mg): 654 Calories: 653	Total Sodium (mg): 911 Calories: 705
<b>18 mg Sodium</b> Roast Pork 73 Herb Gravy 83 Mashed Potatoes with Sour Cream & Chive 94 Genoa Veg Blend 45 Multigrain Bread 164 Blueberry Yogurt 75	<b>19 mg Sodium</b> Minestrone Soup 152 Lasagna Roll 290 Meat Sauce 50 Italian Bread 230 Peaches 5	<b>20 mg Sodium</b> Roast Beef Au Jus 74 Butternut Squash 0 Broccoli Au Gratin 158 Wheat Dinner Roll 105 Blueberry Cobbler 240 Diet: Lorna Doons 100	<b>21 mg Sodium</b> Pumpkin Bisque 214 Chicken Marsala 395 Almond Rice Pilaf 58 Multigrain Bread 164 Fresh Pear 2	<b>22 mg Sodium</b> Beef & Lentil Chili 260 Brown Rice 5 Tossed Salad 5 Corn Bread 291 Strawberry Yogurt 75
Total Sodium (mg): 659 Calories: 672	Total Sodium (mg): 810 Calories: 525	Total Sodium (mg): 703 Calories: 814	Total Sodium (mg): 979 Calories: 753	Total Sodium (mg): 761 Calories: 763
<b>CHRISTMAS DAY</b>  <b>NO MEALS SERVED</b>  	<b>26 mg Sodium</b> Chicken Cacciatore 150 Bowtie Pasta 1 Summer Veg Blend 24 Wheat Bread 160 Blueberry SnackLoaf 160 Diet:Lorna Doones 100 <hr/> Total Sodium (mg): 619 Calories: 643	<b>27 mg Sodium</b> Baked Haddock 296 Lemon Dill Sauce 66 Au Gratin Potatoes 132 Carrots 64 Multigrain Bread 164 Mandarin Oranges 7 <hr/> Total Sodium (mg): 853 Calories: 704	<b>28 mg Sodium</b> Meatball Stroganoff 371 Egg Noodles 4 Tossed Salad 5 Wheat Bread 160 Cran Apple Crisp 5 Dt:Apple Grahams 85 <hr/> Total Sodium (mg): 670 Calories: 603	<b>29 mg Sodium</b> Lentil and Kale Soup 352 Roast Pork 73 Cranberry Orange Sc 18 Yams 31 White Bread 123 Applesauce Cup 15 <hr/> Total Sodium (mg): 739 Calories: 695

**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.