

# LIFEPATH - JANUARY 2018

**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>1</b>  <b>NEW YEARS DAY HOLIDAY</b>  <b>NO MEALS</b>	<b>2</b> Macaroni & Cheese 488 Stewed Tomatoes 150 Multigrain Bread 164 Mixed Fruit 10  Total Sodium (mg): 936 Calories: 741	<b>3</b> Three C Soup 299 Grilled Chicken 320 Creamy Pesto Sauce 70 Orzo Spinach Pilaf 57 Multigrain Bread 164 Fresh Fruit 1  Total Sodium (mg): 1036 Calories: 604	<b>4</b> Beef Stew 200 Tossed Salad 5 Pumpernickel Bread 155 Lemon Cake 215 Dt: Lemon Grahams 95  Total Sodium (mg): 700 Calories: 707	<b>5</b> <b>mg Sodium</b> White Bean Chicken Chili 314 Brown Rice 5 Corn and Peas 34 Wheat Bread 160 Applesauce Cup 15  Total Sodium (mg): 652 Calories: 616
<b>8</b> <b>mg Sodium</b> Sloppy Joes 259 Home Fries 5 Broccoli 10 Hamburg Roll 230 Strawberry Yogurt 75  Total Sodium (mg): 704 Calories: 656	<b>9</b> <b>mg Sodium</b> Chicken Penne a la Vodka 494 California Veg Blend 22 Italian Bread 230 Raisins 4  Total Sodium (mg): 875 Calories: 949	<b>10</b> <b>mg Sodium</b> Pork & Lentil Stew 248 Brown Rice 5 Cauliflower 16 Rye Bread 150 Escalloped Apples 39 Dt: Sliced Apples 4  Total Sodium (mg): 584 Calories: 696	<b>11</b> <b>mg Sodium</b> Vegetable Soup 115 Grilled Chicken 320 Supreme Sauce 46 Red Bliss Potatoes 5 Multigrain Bread 164 Blueberry Yogurt 75  Total Sodium (mg): 849 Calories: 560	<b>12</b> <b>mg Sodium</b> Roast Turkey 330 Herb Gravy 59 Garlic Whipped Potatoes 66 Tossed Salad 5 Wheat Dinner Roll 105 Mixed Fruit 10  Total Sodium (mg): 700 Calories: 495
<b>15</b>  <b>MARTIN LUTHER KING JR. HOLIDAY</b>  <b>NO MEALS SERVED</b>	<b>16</b> <b>mg Sodium</b> Potato Pollock 273 Tartar Sauce 100 Macaroni & Cheese 244 Mixed Vegetables 88 Multigrain Bread 164 Fresh Fruit 1  Total Sodium (mg): 995 Calories: 859	<b>17</b> <b>mg Sodium</b> Chicken & Rice Bake 327 Spinach 65 Dinner Roll 132 Snack n Loaf 115 Diet: Gingerboy 60  Total Sodium (mg): 764 Calories: 671	<b>18</b> <b>mg Sodium</b> Salmon Boat 210 with Dill Sauce 66 Wild Rice Pilaf 279 Tossed Salad 5 Pumpernickel Bread 155 Almond Cookie 181 Dt: Apple Grahams 85  Total Sodium (mg): 1020 Calories: 774	<b>19</b> <b>mg Sodium</b> Autumn Harvest Soup 162 Grilled Chicken 320 Cran Orange Sauce 18 Chantilly Potatoes 238 Wheat Bread 160 Pineapple 1  Total Sodium (mg): 1024 Calories: 649
<b>22</b> <b>mg Sodium</b> Broccoli Bake 482 Stewed Tomatoes 150 Home Fries 5 Multigrain Bread 164 Peaches 5  Total Sodium (mg): 930 Calories: 682	<b>23</b> <b>mg Sodium</b> Minestrone Soup 152 Haddock Newburg 364 Bowtie Pasta 1 Wheat Bread 160 Pears 5  Total Sodium (mg): 807 Calories: 584	<b>24</b> <b>mg Sodium</b> Beef & Cabbage Casserole 301 Carrots 64 Rye Bread 150 Chocolate Pudding 135 Diet: Choc Pudding 156  Total Sodium (mg): 775 Calories: 673	<b>25</b> <b>mg Sodium</b> Corn Chowder 172 BBQ Chicken 402 Sweet Potato Coins 35 Multigrain Bread 164 Mandarin Oranges 7  Total Sodium (mg): 904 Calories: 669	<b>26</b> <b>mg Sodium</b> Swedish Meatballs 200 Parslied Noodles 4 Tossed Salad 5 Italian Bread 230 Spice Cake 245 Diet:Lorna Doons 100  Total Sodium (mg): 809 Calories: 661
<b>29</b> <b>mg Sodium</b> Meatloaf 216 Mushroom Gravy 85 Whipped Potatoes 66 Green Peas 66 Wheat Dinner Roll 105 Fresh Fruit 1  Total Sodium (mg): 664 Calories: 703	<b>30</b> <b>mg Sodium</b> Lasagna Roll Up 290 Meat Sauce 50 Italian Blend Veggies 41 Italian Bread 230 Vanilla Yogurt 75  Total Sodium (mg): 811 Calories: 548	<b>31</b> <b>mg Sodium</b> Chicken Breast 320 Honey Mustard 213 Au Gratin Potatoes 132 Tossed Salad 5 Wheat Bread 160 Brownie 165 Diet: Choc Grahams 95  Total Sodium (mg): 1119 Calories: 765	<b>ALL MEALS INCLUDE:</b>  <b>1% MILK</b> <b>110 CALORIES</b> <b>125 mg SODIUM</b>	
<b>ALTERNATIVE MENUS:</b> <b>JAN 4 - Chicken with Peach Salsa, 3 Bean Salad, Rice &amp; Black Bean Salad.</b> <b>JAN 11 - Roast Beef, Potato Salad, Chick Pea Cilantro Salad.</b> <b>JAN 18 - Chicken w/Red Pepper Pesto, Mac Salad, 3 Bean Salad.</b> <b>JAN 25 - Asian Chicken Salad, Cous Cous, Mandarin Oranges.</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.