

LIFEPATH - FEBRUARY 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
ALL MEALS INCLUDE: 1% MILK 110 CALORIES 125 mg SODIUM	<u>ALTERNATIVE MENUS:</u> FEB 01 - Sliced Ham, Pasta Salad, Beet Salad. FEB 08 - Chicken w/ Peach Salsa, Rice & Black Bean Salad, 3 Bean Salad.	<u>ALTERNATIVE MENUS CONTINUED:</u> FEB 15 - Roast Beef, Potato Salad, Chick Pea Cilantro Salad. FEB 22 - Chick Breast w/ Red Pepper Pesto, 3 Bean Salad, Mac Salad.	1 Turkey Corn Stew 464 Genoa Veg Blend 45 Biscuit 340 Fresh Orange 0 Total Sodium (mg): 974 Calories: 532	2 mg Sodium Mulligatawny Soup 120 Roast Pork 66 with Apple Gravy 23 Yams 31 Wheat Bread 160 Applesauce 14 Total Sodium (mg): 539 Calories: 636
5 mg Sodium Chicken Teriyaki 293 Veg Fried Rice 332 Oriental Vegetables 21 Multigrain Bread 164 Tropical Fruit 10 Fortune Cookie 6 Total Sodium (mg): 950 Calories: 676	6 mg Sodium Cr of Broccoli Soup 275 Ground Beef Burger 200 with Onion Gravy 26 Sour Cream & Chive Mashed Potatoes 94 Multigrain Bread 164 Diced Peaches 5 Total Sodium (mg): 888 Calories: 766	7 mg Sodium Sage Stuffed Chicken 430 with Gravy 35 Mashed Sweet Potatoe:35 Cauliflower Gratin 158 Dinner Roll 132 Almond Cookie 181 Dt: Cinnamon Apples 4 Total Sodium (mg): 1096 Calories: 922	8 mg Sodium Beef Bolognese 223 Penne Pasta 1 Tossed Salad 5 Italian Bread 230 Vanilla Yogurt 50 Total Sodium (mg): 634 Calories: 638	9 mg Sodium Chunky Tomato Soup 177 Macaroni & Cheese 488 Wheat Bread 160 Pears 5 Total Sodium (mg): 955 Calories: 731
12 mg Sodium Beef Burgundy 159 Egg Noodles 4 Broccoli 10 Multigrain Bread 164 Fresh Fruit 1 Total Sodium (mg): 463 Calories: 666	13 mg Sodium Escarole Soup 52 Chicken Jambalaya 310 Brown Rice 5 Wheat Bread 160 Applesauce 14 Total Sodium (mg): 666 Calories: 645	14 mg Sodium ASH WEDNESDAY Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Wheat Bread 160 Fresh Fruit 1 Total Sodium (mg): 923 Calories: 708	15 mg Sodium Roast Pork 66 with Rosemary Gravy 83 Garlic Mashed Potatoes:66 Tossed Salad 5 Dinner Roll 132 Mixed Fruit 10 Total Sodium (mg): 488 Calories: 596	16 mg Sodium Vegetable Soup 115 Potato Pollock 273 Tartar Sauce 100 Orzo Pilaf w/Spinach 57 Wheat Bread 160 Chocolate Mousse 280 Diet: Choc Mousse 112 Total Sodium (mg): 1110 Calories: 760
19 PRESIDENT'S DAY HOLIDAY NO MEALS SERVED 	20 mg Sodium Chicken with 320 Apple Berry Sauce 5 Wild Rice Pilaf 279 Brussels Sprouts 12 Multigrain Bread 164 Snack n Loaf 120 Diet:Lorna Doons 100 Total Sodium (mg): 1024 Calories: 658	21 mg Sodium Beef & Lentil Chili 260 Brown Rice 5 Broccoli 10 Italian Bread 230 Diced Pears 5 Total Sodium (mg): 635 Calories: 634	22 mg Sodium Grilled Chicken 320 Florentine 27 Cheesy Mashed Potatoes 73 Glazed Carrots 64 Wheat Bread 160 Gingerbread 314 Dt: Gingerboy 60 Total Sodium (mg): 1083 Calories: 640	23 mg Sodium Lasagna Roll Up 290 with Marinara Sauce 94 (extra cheese) 193 Tossed Salad 5 Wheat Dinner Roll 105 Fresh Fruit 1 Total Sodium (mg): 814 Calories: 602
26 mg Sodium Roast Turkey 330 Herb Gravy 80 Bread Stuffing 176 Butternut Squash 0 Multigrain Bread 164 Diced Peaches 5 Total Sodium (mg): 879 Calories: 493	27 mg Sodium Cacciatore Meatballs 296 Cavatappi Pasta 1 Riviera Blend 140 Italian Bread 230 Applesauce 14 Total Sodium (mg): 806 Calories: 589	28 mg Sodium Egg Drop Soup 167 Hawaiian Chicken 357 White Rice 4 Multigrain Bread 164 Mandarin Oranges 7 Total Sodium (mg): 824 Calories: 548		

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.