

LIFEPATH - MARCH 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](mailto:Bernardston@lifepath.org) 413-648-5319

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL MEALS INCLUDE:</p> <p>1% MILK</p> <p>110 CALORIES</p> <p>125mg SODIUM</p>	<p><u>ALTERNATIVE MENUS:</u></p> <p><u>MAR 01</u> - Asian Chicken Salad, CousCous, Mandarin Oranges.</p> <p><u>MAR 08</u> - Sliced Ham, Beet Salad, Pasta Salad.</p> <p><u>MAR 15</u> - Chicken w/Peach Salsa, 3 Bean Salad, Rice & Black Bean Salad.</p>	<p><u>ALTERNATIVE MENUS</u></p> <p><u>CONTINUED:</u></p> <p><u>MAR 22</u> - Roast Beef, Potato Salad, Chick Pea Cilantro Salad.</p> <p><u>MAR 29</u> - Chicken Breast w/Red Pepper Pesto, Mac Salad, 3 Bean Salad.</p>	<p>1 mg Sodium</p> <p>Shepherd's Pie 136</p> <p>Tossed Salad 5</p> <p>Pumpernickel Bread 155</p> <p>Blueberry Snack n Loaf 160</p> <p>Dt: Lorna Doons 100</p> <p>Total Sodium (mg): 581</p> <p>Calories: 628</p>	<p>2 mg Sodium</p> <p>Haddock Newburg 364</p> <p>CousCous w/Carrot 24</p> <p>Spinach 65</p> <p>Wheat Bread 160</p> <p>Cranberry Cake 215</p> <p>Dt:Apple Grahams 85</p> <p>Total Sodium (mg): 952</p> <p>Calories: 622</p>
<p>5 mg Sodium</p> <p>Split Pea Soup 96</p> <p>BBQ Pork Rib B Que 492</p> <p>Mashed Potatoes 66</p> <p>Hamburg Roll 230</p> <p>Fresh Fruit 1</p> <p>Total Sodium (mg): 1011</p> <p>Calories: 737</p>	<p>6 mg Sodium</p> <p>WhiteBean Kale Soup 211</p> <p>American Chop Suey 288</p> <p>Italian Bread 230</p> <p>Mixed Fruit 10</p> <p>Total Sodium (mg): 864</p> <p>Calories: 710</p>	<p>7 mg Sodium</p> <p>Roast Turkey 330</p> <p>Herb gravy 80</p> <p>Sweet Potatoes 35</p> <p>Broccoli 10</p> <p>Wheat Bread 160</p> <p>Blueberry Buckle 360</p> <p>Diet:Lemon Grahams 95</p> <p>Total Sodium (mg): 1100</p> <p>Calories: 713</p>	<p>8 mg Sodium</p> <p>Cheesy CauliflowerSou 319</p> <p>Chicken Breast with 320</p> <p>Red Bell Pepper Sauce 99</p> <p>Brown Rice 5</p> <p>HDM:CauliflowerGratin 14</p> <p>Multigrain Bread 163</p> <p>Strawberry Yogurt 75</p> <p>Total Sodium (mg): 1106</p> <p>Calories: 710</p>	<p>9 mg Sodium</p> <p>Broccoli Bake 482</p> <p>Home Fries 5</p> <p>Tossed Salad 5</p> <p>Wheat Bread 150</p> <p>Fresh Fruit 1</p> <p>Total Sodium (mg): 778</p> <p>Calories: 675</p>
<p>12 mg Sodium</p> <p>Meatloaf with 216</p> <p>Jardiniere Gravy 68</p> <p>Chantilly Potatoes 238</p> <p>Green Beans 3</p> <p>Dinner Roll 132</p> <p>Mandarin Oranges 7</p> <p>Total Sodium (mg): 788</p> <p>Calories: 707</p>	<p>13 mg Sodium</p> <p>Turkey Corn Stew 464</p> <p>Winter Veg Blend 29</p> <p>Whole Wheat Roll 105</p> <p>Peaches 5</p> <p>Total Sodium (mg): 728</p> <p>Calories: 437</p>	<p>14 mg Sodium</p> <p>Chicken Picatta 401</p> <p>Tri-Color Rotini 1</p> <p>Tossed Salad 5</p> <p>Italian Bread 230</p> <p>Fresh Fruit 1</p> <p>Total Sodium (mg): 763</p> <p>Calories: 549</p>	<p>15 High Sodium Meal</p> <p>Corned Beef Hash* 874*</p> <p>Braised Cabbage 25</p> <p>Carrots 64</p> <p>Rye Bread 150</p> <p>Sugar Cookie 181</p> <p>Gingerboy 60</p> <p>Total Sodium (mg): 1418*</p> <p>Calories: 796</p>	<p>16 mg Sodium</p> <p>Potato Pollock 273</p> <p>Tartar Sauce 100</p> <p>Macaroni & Cheese 244</p> <p>Coleslaw 101</p> <p>Multigrain Bread 163</p> <p>Blueberry Yogurt 75</p> <p>Total Sodium (mg): 1081</p> <p>Calories: 866</p>
<p>19 mg Sodium</p> <p>Butternut Bisque 149</p> <p>Roast Pork 66</p> <p>Rosemary Gravy 83</p> <p>Red Bliss Potatoes 1</p> <p>Whole Wheat Bread 160</p> <p>Sliced Apples 0</p> <p>Total Sodium (mg): 584</p> <p>Calories: 498</p>	<p>20 mg Sodium</p> <p>Grilled Chicken with 320</p> <p>Honey Ginger Glaze 73</p> <p>Vegetable Fried Rice 98</p> <p>Oriental Style Veggies 21</p> <p>Wheat Bread 160</p> <p>Fortune Cookie 6</p> <p>Pineapple 1</p> <p>Total Sodium (mg): 805</p> <p>Calories: 714</p>	<p>21 mg Sodium</p> <p>Gypsy Soup 272</p> <p>Swedish Meatballs 246</p> <p>Parslied Egg Noodles 4</p> <p>Multigrain Bread 163</p> <p>Pear Crisp 53</p> <p>Dt: Choc Grahams 95</p> <p>Total Sodium (mg): 863</p> <p>Calories: 740</p>	<p>22 mg Sodium</p> <p>Chicken Rice Bake 327</p> <p>Broccoli 10</p> <p>Wheat Bread 160</p> <p>Fruit Crunch Bar 80</p> <p>Diet: Lorna Doons 100</p> <p>Total Sodium (mg): 702</p> <p>Calories: 784</p>	<p>23 mg Sodium</p> <p>Vegetable Lasagna 370</p> <p>Extra Cheese 193</p> <p>Tomato Basil Sauce 142</p> <p>Tossed Salad 5</p> <p>Italian Bread 230</p> <p>Fresh Fruit 1</p> <p>Total Sodium (mg): 1067</p> <p>Calories: 616</p>
<p>26 mg Sodium</p> <p>Beef Stew 200</p> <p>Green Beans 3</p> <p>Biscuit 340</p> <p>Tropical Fruit Cup 10</p> <p>Total Sodium (mg): 678</p> <p>Calories: 719</p>	<p>27 mg Sodium</p> <p>Corn Chowder 172</p> <p>BBQ Beef Burger 282</p> <p>Baked Beans 39</p> <p>Hamburg Roll 230</p> <p>Fresh Orange 0</p> <p>Total Sodium (mg): 848</p> <p>Calories: 795</p>	<p>28 mg Sodium</p> <p>White Bean Chicken Chili 314</p> <p>Brown Rice 5</p> <p>Tossed Salad 5</p> <p>Corn Bread 291</p> <p>Chocolate Pudding 135</p> <p>Dt: Choc Pudding 156</p> <p>Total Sodium (mg): 875</p> <p>Calories: 758</p>	<p>29 mg Sodium</p> <p>Roast Pork 66</p> <p>Cran Orange Sauce 18</p> <p>Yams 31</p> <p>Brussels Sprouts 12</p> <p>Wheat Bread 160</p> <p>Applesauce 0</p> <p>Total Sodium: 412</p> <p>Calories: 614</p>	<p>30 mg Sodium</p> <p>Baked Haddock 296</p> <p>Lemon Dill Sauce 66</p> <p>Orzo with Spinach 57</p> <p>Calif Veg Blend 22</p> <p>Multigrain Bread 163</p> <p>Berry Snack Loaf 160</p> <p>Diet: Gingerboy 60</p> <p>Total Sodium: 890</p> <p>Calories: 729</p>

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.