

LIFEPATH - APRIL 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
2 mg Sodium	3 mg Sodium	4 mg Sodium	5 mg Sodium	6 mg Sodium
Potato Leek Soup 131	BBQ Chicken Breast 402	Lentil Spinach Soup 304	Chicken Jambalaya 310	Beef Burgundy 159
Beef & Cabbage	Whole Wheat Bun 230	Potato Pollock 273	Brown Rice 5	Red Potatoes 5
Casserole 301	Baked Beans 64	Tartar Sauce 100	Tossed Salad 5	Broccoli 10
Rye Bread 150	Mexicali Corn 3	Whipped Potato 66	Wheat Bread 160	Multigrain Bread 164
Peaches 5	Pineapple 1	Wheat Dinner Roll 105	Fresh Orange 0	Hermit Cookie 24
		Pears 5		Dt:Maple Grahams 115
Total Sodium (mg): 713	Total Sodium (mg): 801	Total Sodium (mg): 978	Total Sodium (mg): 605	Total Sodium (mg): 486
Calories: 713	Calories: 679	Calories: 732	Calories: 594	Calories: 793
9 mg Sodium	10 mg Sodium	11 High Sodium Meal	12 mg Sodium	13 mg Sodium
Macaroni & Cheese 488	Beef & Lentil Stew 179	Stuffed Chicken	Veg Gumbo Soup 50	Chicken Tetrastini 487
Stewed Tomatoes 150	Cauliflower Supreme 14	Breast 430	Roast Pork 73	Tossed Salad 5
Wheat Bread 160	Biscuit 340	Wild Rice Pilaf 140	with Herb Gravy 83	Multigrain Bread 164
Strawberry Yogurt 75	Mixed Fruit 10	Broccoli Au Gratin 158	Whipped Potatoes 66	Mandarin Oranges 7
		Wheat Dinner Roll 105	Wheat Bread 160	
		Chocolate Mousse 280	Fresh Apple 1	
		Diet: Choc Mousse 112		
Total Sodium (mg): 998	Total Sodium (mg): 668	Total Sodium (mg): 1238*	Total Sodium (mg): 558	Total Sodium (mg): 787
Calories: 775	Calories: 554	Calories: 691	Calories: 636	Calories: 526
16	17 mg Sodium	18 mg Sodium	19 mg Sodium	20 mg Sodium
PATRIOT'S DAY HOLIDAY	Shepherd's Pie 178	Tomato Florentine Soup 164	Broccoli Bake 482	Roast Turkey 330
NO MEALS SERVED	Green Beans 3	Meatloaf with 216	Stewed Tomatoes 150	with Gravy 80
	Whole Wheat Bread 160	Mushroom Gravy 85	Home Fries 5	Butternut Squash 48
	Fig Bar 100	Chantilly Potatoes 238	Multigrain Bread 164	Tossed Salad 5
	Diet: Cinn Grahams 85	Whole Wheat Bread 160	Fruit Crunch Bar 80	Multigrain Bread 164
		Diced Peaches 5	Diet: Gingerboy 60	AppleStreusel Cake 191
				Diet: Van Pudding 173
	Total Sodium (mg): 565	Total Sodium (mg): 993	Total Sodium (mg): 1005	Total Sodium (mg): 942
	Calories: 733	Calories: 749	Calories: 907	Calories: 570
23 mg Sodium	24 mg Sodium	25 mg Sodium	26 mg Sodium	27 mg Sodium
Haddock Newburg 364	Meatballs in 236	Egg Drop Soup 167	Salisbury Steak 201	Three C Soup 299
Red Bliss Potatoes 5	Tomato Basil Sauce 142	Chicken Teriyaki 479	Onion Gravy 26	Grilled Chicken with 320
Italian Veg Blend 41	Peppers & Onions 27	Brown Rice 5	Mashed Sweet	Red Pepper Pesto 22
Wheat Bread 160	Grinder Roll 218	Wheat Bread 160	Potatoes 31	Sour Cream & Chive
Fresh Fruit 1	Tater Tots 29	Almond Cookie 181	Tossed Salad 5	Mashed Potatoes 94
	Pears 5	Dt:Lemon Grahams 95	Wheat Bread 160	Wheat Bread 160
			Raisins 4	Applesauce 14
Total Sodium (mg): 696	Total Sodium (mg): 782	Total Sodium (mg): 1117	Total Sodium (mg): 552	Total Sodium (mg): 1034
Calories: 546	Calories: 727	Calories: 731	Calories: 686	Calories: 621
30 mg Sodium		ALL MEALS INCLUDE:	ALTERNATIVE COLD MENUS:	ALTERNATIVE MENUS CONTINUED:
Roast Pork 73		1% MILK	April 5 - Asian Chicken Salad, Cous Cous, Mandarin Oranges.	April 19 - Chicken w/Peach Salsa, 3 Bean Salad, Rice & Black Bean Salad.
Tarragon Gravy 83		110 CALORIES	April 12 - Sliced Ham, Beet Salad, Pasta Salad.	April 26 - Roast Beef, Potato Salad, Chick Pea Cilantro Salad.
O'Brien Potatoes 8		125 mg SODIUM		
Summer Veg Blend 24				
Wheat Dinner Roll 105				
Blueberry Yogurt 75				
Total Sodium (mg): 493				
Calories: 542				

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.