

LIFEPATH - MAY 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. Athol 978-249-9001, Bernardston 413-648-5319, Charlemont 413-339-5720, Erving 413-423-3308, Leverett 413-367-2694, Montague 413-863-9357, New Salem 978-544-6437, Northfield 413-498-2186, Orange 978-544-7082, Petersham 978-724-3276, Phillipston 978-249-3164, Royalston 978-249-9656, Shelburne 413-625-6266, South County 413-665-5063, Warwick 413-544-2630.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
ALL MEALS INCLUDE: 1% MILK 110 CALORIES 125 mg SODIUM	1 mg Sodium Baked Haddock 296 Lemon Vinaigrette 11 Au Gratin Potatoes 39 Broccoli 10 Wheat Bread 160 Cherry Snack nLoaf 115 Diet: Cinn Grahams 95 Total Sodium (mg): 756 Calories: 700	2 mg Sodium Minestrone Soup 152 WW Lasagna Rollup 370 Meat Sauce 50 Italian Bread 230 Tropical Fruit 10 Total Sodium (mg): 937 Calories: 568	3 mg Sodium Chicken Coq Au Vin 387 Whipped Potatoes 66 Genoa Veg Blend 45 Multigrain Bread 164 Brownie 165 Diet: Lorna Doones 100 Total Sodium (mg): 951 Calories: 690	4 mg Sodium Sweet n Sour Meatballs 248 Brown Rice 5 Tossed Salad 5 Wheat Bread 160 Mixed Fruit 10 Total Sodium (mg): 553 Calories: 592	
	7 mg Sodium Sloppy Joe 259 on Wheat Bun 230 Tater Tots 29 Carrots 64 Fresh Orange 0 Total Sodium (mg): 707 Calories: 686	8 mg Sodium Chicken Corn Stew 265 Green Beans 3 Corn Bread 372 Pineapple 1 Total Sodium (mg): 766 Calories: 567	9 mg Sodium Chicken Piccata 401 Rosemary Roasted Potatoes 5 Tossed Salad 5 Italian Bread 230 Fresh Fruit 1 Total Sodium (mg): 767 Calories: 526	10 mg Sodium COLD PLATE Tomato Rice Soup 325 Egg Salad 243 Pasta with Red Peppers 231 Rye Bread 150 Raisins 4 Total Sodium (mg): 1078 Calories: 675	11 mg Sodium Veal Parmesan* 640* with extra cheese Penne Pasta 1 Italian Veg Blend 41 Dinner Roll 132 Cream Puff 105 Diet: Van Pudding 173 Total Sodium (mg): 1044 Calories: 931
	14 mg Sodium Meat Pie 297 Spinach 65 Multigrain Bread 164 Fruit Crunch Bar 80 Dt: Lemon Grahams 95 Total Sodium (mg): 730 Calories: 945	15 mg Sodium Grilled Chicken 320 Cacciatore Sauce 106 Cavatappi Pasta 1 Italian Veg Blend 41 Italian Bread 230 Mixed Fruit 10 Total Sodium (mg): 832 Calories: 546	16 mg Sodium Potato Pollock 273 Tartar Sauce 100 Mashed Potatoes 66 Tossed Salad 5 Multigrain Bread 164 Pears 5 Total Sodium (mg): 737 Calories: 676	17 mg Sodium Teriyaki Chicken 242 Brown Rice 5 Oriental Veg Blend 21 Dinner Roll 132 Fresh Orange 0 Fortune Cookie 6 Total Sodium (mg): 532 Calories: 579	18 mg Sodium Beef Stew 200 Brussels Sprouts 12 Biscuit 340 Blueberry Buckle 360 Diet: Lemon Grahams 95 Total Sodium (mg): 1037 Calories: 864
21 mg Sodium Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Wheat Bread 160 Strawberry Yogurt 75 Total Sodium (mg): 996 Calories: 721	22 mg Sodium Beef Chili 237 Mixed Vegetables 88 Wheat Bread 160 Applesauce 0 Total Sodium (mg): 610 Calories: 543	23 mg Sodium Grilled Chicken 320 Honey Mustard Sauce 213 CousCous with Red Pepper 45 Italian Green Beans 3 Italian Bread 230 Hermit Cookie 24 Diet: Choc Grahams 95 Total Sodium (mg): 960 Calories: 746	24 mg Sodium Roast Pork 73 Cran Orange Sauce 18 Sweet Potatoes 35 Tossed Salad 5 Wheat Bread 160 Fresh Fruit 1 Total Sodium (mg): 467 Calories: 720	25 mg Sodium COLD PLATE White Bean Kale Soup 211 Chicken Salad with Cranberries 323 Macaroni Salad 206 Wheat Dinner Roll 105 Pineapple Chunks 1 Total Sodium (mg): 971 Calories: 684	
MEMORIAL DAY HOLIDAY NO MEALS SERVED 	29 mg Sodium Meatloaf with Onion Gravy 216 Garlic Mashed Potatoes 66 Green Beans 3 Multigrain Bread 164 Snack n Loaf 115 Diet: Lorna Doons 100 Total Sodium (mg): 714 Calories: 790	30 mg Sodium Corn Chowder 172 BBQ Pork Rib 492 Yukon Gold Potatoes 5 Hamburg Roll 230 Fresh Orange 0 Total Sodium (mg): 1024 Calories: 681	31 mg Sodium Grilled Chicken 320 Supreme Sauce 46 Chantilly Potatoes 238 Glazed Carrots 64 Multigrain Bread 164 Snack n Loaf 115 Diet: Cinn Grahams 95 Total Sodium (mg): 1071 Calories: 685	ALTERNATIVE MENUS: May 3 - Chicken w/Red Pepper Pesto, Mac Salad, Three Bean Salad. May 10 - Asian Chicken Salad, CousCous, Mandarin Oranges. May 17 - Ham, Beet Salad, Pasta Salad. May 24 - Chicken w/Peach Salsa, 3 Bean Salad, Rice & Black Bean Salad. May 31 - Roast Beef, Potato Salad, Chick Pea Cilantro.	

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.