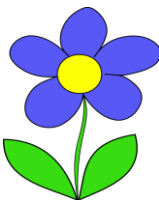


LIFEPATH - JUNE 2018

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	ALTERNATIVE MENUS: Jun 07 - Chicken w/Red Pepper Pesto, Macaroni Salad, Three Bean Salad. Jun 14 - Asian Chicken Salad, Cous Cous, Mandarin Oranges.	ALTERNATIVE MENUS CONTINUED: Jun 21 - Ham, Beet Salad, Pasta Salad. Jun 28 - Chicken w/Peach Salsa, Three Bean Salad, Rice & Black Bean Salad.		1 TGIF Brunch Bistro No Lunch, Brunch at 11am! Cheesy omelet Sausage Hash brown patty Fruit Snack nLoaf
4 mg Sodium Haddock Newburg 364 Rice Pilaf 150 Spinach 65 Rye Bread 150 Raisins 4	5 mg Sodium Beef & Lentil Chili 260 Brown Rice 5 Green Beans 3 Dinner Roll 132 Mandarin Oranges 7	6 mg Sodium Swedish Meatballs 200 Egg Noodles 4 Broccoli 10 Rye Bread 150 Blueberry Buckle 360 Diet: Apple Grahams 95	7 mg Sodium Broccoli Bake 480 Home Fries 5 Stewed Tomatoes 271 Multigrain Bread 164 Lorna Doons 100	8 TGIF Brunch Bistro No Lunch, Brunch at 11am! Cheesy omelet Sausage Hash brown patty Fruit Snack nLoaf
Total Sodium (mg): 857 Calories: 574	Total Sodium (mg): 532 Calories: 638	Total Sodium (mg): 849 Calories: 736	Total Sodium (mg): 1146 Calories: 770	
11 mg Sodium Roast Pork with 66 Rosemary Gravy 83 Mashed Potatoes 66 Glazed Carrots 43 Multigrain Bread 164 Fresh Fruit 1	12 mg Sodium Lemon Dill Haddock 362 Red Bliss Potatoes 5 Summer Veg Blend 24 Wheat Bread 160 Diced Pears 5	13 mg Sodium Beef Bolognese 163 Penne Pasta 1 Tossed Salad 5 Italian Bread 230 Fresh Fruit 1	14 High Sodium Meal Chicken Francaise* 573* Wild Rice Pilaf 140 Broccoli Au Gratin 158 Multigrain Bread 164 Pineapple Whip 87	15 TGIF Brunch Bistro No Lunch, Brunch at 11am! Cheesy omelet Sausage Hash brown patty Fruit Snack nLoaf
Total Sodium (mg): 548 Calories: 623	Total Sodium (mg): 681 Calories: 591	Total Sodium (mg): 525 Calories: 659	Total Sodium (mg): 1247* Calories: 689	
18 mg Sodium Meatloaf with 216 Onion Gravy 26 Sour Cream & Chive Mashed Potatoes 94 Peas & Carrots 72 Dinner Roll 132 Cherry Snack n Loaf 240 Diet: Gingerboy 60	19 mg Sodium BBQ Pork Rib B Que 362 Baked Beans 200 California Veg Blend 22 Hamburg Bun 230 Blueberry Yogurt 75	20 mg Sodium Chicken Marsala 395 Orzo Pilaf w/Spinach 57 Brussels Sprouts 12 Multigrain Bread 164 Apple Streusel Cake 191 Dt:Lemon Grahams 95	21 mg Sodium COLD PLATE Escarole Soup 52 Turkey Apple Salad 353 Macaroni Salad 206 1/2 Pita Pocket 161 Fresh Fruit 1	22 TGIF Brunch Bistro No Lunch, Brunch at 11am! Cheesy omelet Sausage Hash brown patty Fruit Snack nLoaf
Total Sodium (mg): 905 Calories: 868	Total Sodium (mg): 1015 Calories: 647	Total Sodium (mg): 942 Calories: 650	Total Sodium (mg): 898 Calories: 665	
25 mg Sodium Chicken & Rice Bake 327 Broccoli 10 Multigrain Bread 164 Diced Pears 5	26 mg Sodium Veg Gumbo Soup 50 Chicken Parmesan* 860* Cavatappi Pasta 1 Dinner Roll 132 Fresh Fruit 1	27 mg Sodium Potato Pollock 273 Tartar Sauce 100 Butternut Squash 0 Tossed Salad 5 Multigrain Bread 164 Diced Peaches 5	28 mg Sodium Hawaiian Meatballs 227 White Rice 4 Oriental Blend Veggies 21 Wheat Bread 160 Raisins 4	29 TGIF Brunch Bistro No Lunch, Brunch at 11am! Cheesy omelet Sausage Hash brown patty Fruit Snack nLoaf
Total Sodium (mg): 631 Calories: 561	Total Sodium (mg): 1165 Calories: 810	Total Sodium (mg): 671 Calories: 594	Total Sodium: 541 Calories: 660	

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.