


LIFEPATH - JULY 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 Macaroni & Cheese 488 Stewed Tomatoes 271 Multigrain Bread 164 Vanilla Yogurt 50 Total Sodium (mg): 976 Calories: 771	3 mg Sodium Lasagna Roll Up 290 Tomato Basil Meat Sauce 50 Italian Veg Blend 41 Wheat Bread 160 Mixed Fruit 10 Total Sodium (mg): 676 Calories: 528	4 FOURTH OF JULY HOLIDAY NO MEALS SERVED 	5 COLD mg Sodium WhiteBean KaleSoup 211 Grilled Chicken with 320 Red Pepper Pesto 22 Mediterranean Veg Rice Salad 162 Marble Rye 127 Applesauce 0 Total Sodium (mg): 967 Calories: 565	6 Brunch Buffet Brunch served at 11:00am. Check the Dining Room for weekly menu.
9 mg Sodium Roast Pork 66 Cran Orange Sauce 18 Yams 31 Brussels Sprouts 12 Multigrain Bread 164 Fresh Peach 1 Total Sodium (mg): 417 Calories: 641	10 mg Sodium Egg Drop Soup 167 Sweet & Sour Meatballs 248 Brown Rice 5 Wheat Bread 160 Fortune Cookie 6 Pineapple 1 Total Sodium (mg): 713 Calories: 677	11 mg Sodium Sloppy Joe 259 Corn 1 Tossed Salad 5 Hamburg Roll 230 Mandarin Oranges 7 Total Sodium (mg): 627 Calories: 572	12 mg Sodium Chicken with Honey Mustard Sauce* 709* Orzo with Spinach 57 Mixed Vegetables 88 Multigrain Bread 164 Fresh Fruit 1 Total Sodium (mg): 1144 Calories: 707	13 Brunch Buffet Brunch served at 11:00am. Check the Dining Room for weekly menu.
16 mg Sodium Potato Pollock 273 Tartar Sauce 100 Butternut Squash 0 Green Beans 3 Wheat Bread 160 Blueberry Yogurt 75 Total Sodium (mg): 735 Calories: 648	17 mg Sodium American Chop Suey 288 Genoa Veg Blend 45 Italian Bread 230 Fresh Fruit 1 Total Sodium (mg): 689 Calories: 677	18 mg Sodium White Bean Chicken Chili 260 Brown Rice 5 Summer Veg Blend 24 Corn Bread 291 Diced Peaches 5 Total Sodium (mg): 710 Calories: 653	19 mg Sodium Salmon Boat with 210 Lemon Dill Sauce 66 Yukon Gold Potatoes 5 Spinach 65 Wheat Bread 160 Fig Bar 100 Diet: Gingerboy 60 Total Sodium (mg): 731 Calories: 714	20 Brunch Buffet Brunch served at 11:00am. Check the Dining Room for weekly menu.
23 mg Sodium Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Multigrain Bread 164 Cherry Snack n Loaf 115 Dt: Maple Grahams 115 Total Sodium (mg): 1040 Calories: 787	24 mg Sodium Haddock Newburg 364 Wild Rice Pilaf 140 Spinach 65 Wheat Bread 160 Diced Pears 5 Total Sodium (mg): 859 Calories: 538	25 mg Sodium Meatball Parmesan 497 Grinder Roll 218 Waffle Fries 75 Mixed Vegetables 88 Oatmeal Cookie 97 Diet: Lorna Doons 100 Total Sodium (mg): 1101 Calories: 994	26 mg Sodium Grilled Chicken with 320 Pesto Cream 70 Tri Color Rotini 1 Tossed Salad 5 Multigrain Bread 164 Canteloupe 7 Total Sodium (mg): 693 Calories: 571	27 Brunch Buffet Brunch served at 11:00am. Check the Dining Room for weekly menu.
30 mg Sodium Beef & Cabbage Casserole 301 Herbed Carrots 64 Rye Bread 150 Applesauce Cup 0 Total Sodium (mg): 640 Calories: 568	31 mg Sodium Corn Chowder 172 BBQ Beef Burger 282 Potato Wedges 273 Hamburger Roll 230 Fresh Orange 0 Total Sodium (mg): 1082 Calories: 767	ALL MEALS INCLUDE: 1% MILK 110 CALORIES 125 mg SODIUM	ALTERNATIVE MENUS: JUL 05 - Roast Beef, Potato Salad, Chickpea Cilantro Salad. JUL 12 - Chicken Breast w/Red Pepper Pesto, Macaroni Salad, 3 Bean Salad.	ALTERNATIVE MENUS CONTINUED: JUL 19 - Asian Chicken Salad, Cous Cous, Mandarin Oranges. JUL 26 - Sliced Ham, Beet Salad, Pasta Salad.

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.