

LIFEPATH - SEPTEMBER 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
3 LABOR DAY HOLIDAY NO MEALS SERVED	4 mg Sodium Roast Pork 73 with Tarragon Gravy 83 Sweet Potatoes 31 Broccoli 10 Wheat Bread 160 Fruited Applesauce 10 Total Sodium (mg): 493 Calories: 583	5 mg Sodium Salmon Boat 210 with Dill Sauce 66 Wild Rice Pilaf 140 Summer Veg Blend 24 Rye Bread 150 Diced Pears 5 Total Sodium (mg): 720 Calories: 602	6 mg Sodium Vegetable Soup 115 Breaded Chicken* 573* Francaise Sauce 19 Garlic Mashed 66 Potatoes 66 Wheat Bread 160 CranApple Crisp 59 Diet: Apple Cinn Grahams 85 Total Sodium (mg): 1117 Calories: 709	7 Brunch Buffet Brunch served at 11:00 a.m. Check the Dining Room for weekly menu.
10 mg Sodium Meatloaf with 216 Mushroom Gravy 85 Red Bliss Potatoes 5 Green Peas 66 Multigrain Bread 164 Tropical Fruit 1 Total Sodium (mg): 662 Calories: 693	11 mg Sodium Beef Bolognese 163 Penne 1 Mixed Vegetables 88 Italian Bread 230 Snack n Loaf 115 Diet: Grahams 85 Total Sodium (mg): 722 Calories: 783	12 mg Sodium Egg Drop Soup 167 Grilled Chicken 320 Honey Ginger Glaze 28 Brown Rice Pilaf 150 Wheat Bread 160 Pineapple Whip 87 Total Sodium (mg): 1037 Calories: 605	13 mg Sodium <u>COLD PLATE</u> Chef Salad with Turkey, Egg, Cheese & Romaine 245 Pasta Salad with Red Peppers 231 Dinner Roll 132 Fresh Fruit w/C 1 Total Sodium (mg): 735 Calories: 615	14 Brunch Buffet Brunch served at 11:00 a.m. Check the Dining Room for weekly menu.
17 mg Sodium Chicken Fajitas 275 Spanish Rice 111 California Veg Blend 22 Wheat Tortilla 220 Strawberry Yogurt 75 Total Sodium (mg): 829 Calories: 585	18 mg Sodium Grilled Chicken 320 with Pesto Cream 70 Orzo with Spinach 57 Genoa Blend 45 Multigrain Bread 164 Mixed Fruit 10 Total Sodium (mg): 790 Calories: 575	19 mg Sodium Potato Pollock 273 Tartar Sauce 100 Whipped Potatoes 66 Tossed Salad 5 Wheat Bread 160 Peaches 5 Total Sodium (mg): 734 Calories: 680	20 mg Sodium Minestrone Soup 152 Meatballs with 210 Marinara Sauce 94 Spaghetti 150 Italian Bread 230 Fresh Fruit 1 Total Sodium (mg): 963 Calories: 735	21 Brunch Buffet Brunch served at 11:00 a.m. Check the Dining Room for weekly menu.
24 mg Sodium Broccoli Bake 482 Stewed Tomatoes 150 Home Fries 5 Wheat Bread 160 Snack n Loaf 115 Diet: Lorna Doones 100 Total Sodium (mg): 1036 Calories: 791	25 mg Sodium Cheesy Cauliflower 319 Soup 319 BBQ Beef Patty 139 Hamburger Bun 230 Tater Tots 29 Blueberry Yogurt 75 Total Sodium (mg): 917 Calories: 882	26 mg Sodium Chicken Picatta 358 Tri-color Rotini 1 Spinach 65 Wheat Bread 160 Choc Chip Cookie 160 Diet: Choc Grahams 85 Total Sodium (mg): 868 Calories: 771	27 mg Sodium Roast Pork 73 Rosemary Gravy 83 Au Gratin Potatoes 132 Tossed Salad 5 Multigrain Bread 164 Raisins 4 Total Sodium (mg): 586 Calories: 707	28 Brunch Buffet Brunch served at 11:00 a.m. Check the Dining Room for weekly menu.
ALL MEALS INCLUDE: 1% MILK 110 CALORIES 125 mg SODIUM		<u>ALTERNATIVE MENUS:</u> SEP 06 - Egg Salad, Orzo & Spinach Salad, Beet Salad. SEP 13 - Chicken Caesar Salad, Pasta Salad.	<u>ALTERNATIVE MENUS CONT'D</u> SEP 20 - Cheese Omelet, Hash Browns, Sliced Apples. SEP 27 - Egg Salad, Orzo & Spinach Salad, Beet 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.