


LIFEPATH - OCTOBER 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
1 mg Sodium Beef & Cabbage Casserole 301 Carrots 64 Rye Bread 150 Fresh Orange 1 Total Sodium (mg): 641 Calories: 600	2 mg Sodium Macaroni & Cheese 488 Stewed Tomatoes 150 Dinner Roll 132 Diced Peaches 5 Total Sodium (mg): 900 Calories: 742	3 mg Sodium Vegetable Soup 115 Chicken Teriyaki 221 Vegetable Fried Rice 98 Wheat Bread 160 Almond Cookie 181 Diet: Grahams 95 Total Sodium (mg): 900 Calories: 783	4 mg Sodium Shepherd's Pie 136 Tossed Salad 5 Multigrain Bread 164 Strawberry Cup 4 D: StrawberryYogurt 75 Total Sodium (mg): 433 Calories: 541	5 TGIF BRUNCH BUFFET Served at 11:00 Check the dinning room for weekly menu.
8 COLUMBUS DAY HOLIDAY NO MEALS SERVED	9 mg Sodium Roast Pork with Apple Gravy 73 Cinnamon Sweet Potatoes 23 Green Beans 31 Dinner Roll 3 Fig Bar 132 Dt:SF Vanilla Pudding 200 Total Sodium (mg): 587 Calories: 730	10 mg Sodium Haddock Newburg 364 Wild Rice Pilaf 140 Glazed Carrots 64 Multigrain Bread 164 Applesauce 0 Total Sodium (mg): 856 Calories: 520	11 mg Sodium Mulligatawny Soup 120 Cranberry Orange Chicken 338 Yukon Gold Potatoes 4 Wheat Bread 160 Lorna Doones 100 Total Sodium (mg): 846 Calories: 650	12 TGIF BRUNCH BUFFET Served at 11:00 Check the dinning room for weekly menu.
15 mg Sodium Baked Meatloaf with Onion Gravy 216 Sour Cream & Chive Mashed Potatoes 92 Peas & Carrots 72 Multigrain Bread 164 Fresh Fruit 1 Total Sodium (mg): 696 Calories: 763	16 mg Sodium Beef Chili 237 Brown Rice 5 Mixed Vegetables 88 Wheat Bread 160 Mixed Fruit 10 Total Sodium (mg): 625 Calories: 666	17 mg Sodium Corn Chowder 172 BBQ Chicken Breast 402 Chantilly Potatoes 238 Wheat Bread 160 Pineapple Whip 87 Total Sodium (mg): 1183 Calories: 723	18 mg Sodium Turkey a la King 381 White Rice 90 Tossed Salad 5 Buttermilk Biscuit 340 Applesauce 0 Total Sodium (mg): 941 Calories: 534	19 TGIF BRUNCH BUFFET Served at 11:00. Check the dinning room for weekly menu.
22 mg Sodium Chicken & Rice Bake 429 Broccoli 10 Dinner Roll 132 Cranberry Orange Snack n Loaf 120 Diet: Lorna Doons 100 Total Sodium (mg): 817 Calories: 629	23 mg Sodium Autumn Harvest Soup 233 Grilled Chicken with Red Pepper Sauce 320 Quinoa with Roasted Vegetables 99 Vegetables 150 Multigrain Bread 164 Vanilla Yogurt 50 Total Sodium (mg): 1141 Calories: 567	24 mg Sodium Breaded Pollock 273 Tartar Sauce 100 Yams 31 Tossed Salad 5 Wheat Bread 160 Diced Pears 5 Total Sodium (mg): 699 Calories: 657	25 mg Sodium Cr of Broccoli Soup 275 Sweet and Sour 248 Meatballs 5 Brown Rice 10 Multigrain Bread 164 Fresh Fruit 1 Total Sodium (mg): 818 Calories: 734	26 TGIF BRUNCH BUFFET Served at 11:00 Check the dinning room for weekly menu.
29 mg Sodium Broccoli Bake 482 Potato Wedges 273 Stewed Tomatoes 150 Wheat Bread 160 Raisins 4 Total Sodium (mg): 1194 Calories: 768	30 mg Sodium Lasagna with Meat Sauce 290 Italian Veg Blend 50 Italian Bread 41 Butterscotch Pudding 230 Diet: SF Butterscotch Pudding 156 Total Sodium (mg): 966 Calories: 608	31  mg Sodium Minestrone Soup 152 Creamy Pesto Chicken 390 Ziti Pasta 1 Multigrain Bread 164 Strawberry Cup 0 Diet: Applesauce 14 Total Sodium (mg): 831 Calories: 628	ALTERNATIVE MENUS: OCT 04 - Tortellini & Turkey Salad, Beet & Onion Salad, Roasted Vegetables. OCT 11 - Salmon with Mixed Greens, Quinoa with Roasted Vegetables, Pineapple.	ANATIVE MENUS: CONTINUED: OCT 18 - Chef's Salad, Mediterranean Rice Salad, Peaches. OCT 25 - Tuna Salad, Israeli Cous Cous Salad, Cole Slaw.

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.