

LIFEPATH - NOVEMBER 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 | <u>ALTERNATIVE MENUS:</u> NOV 01 - Chicken Breast w/Red Pepper Pesto, Macaroni Salad, 3 Bean Salad. NOV 08 - Tortellini & Turkey Salad, Beet & Onion Salad, Roast Vegetables. | <u>ALTERNATIVE MENUS CONTINUED:</u> NOV 15 - Mixed Greens with Salmon, Quinoa with Roasted Vegetables. NOV 29 - Tuna Salad, Israeli Cous Cous Salad, Cole Slaw. | 1 mg Sodium Roast Pork with 73 Herb Gravy 83 Garlic Mashed Potatoes 66 Peas & Carrots 72 Wheat Bread 160 Spice Cake 245 Diet: Gingerboy 60 Total Sodium (mg): 824 Calories: 706 | 2 TGIF BRUNCH BUFFET Served at 11:00 Check the dining room for weekly menu. |
| 5 mg Sodium Beef & Pork Meat Pie 297 Spinach 65 Rye Bread 150 Fresh Fruit 1 Total Sodium (mg): 638 Calories: 726 | 6 mg Sodium Gypsy Soup 272 Hawaiian Meatballs 247 White Rice 90 Wheat Bread 160 Fortune Cookie 6 Pineapple Chunks 1 Total Sodium (mg): 901 Calories: 738 | 7 mg Sodium Beef Stew 200 Tossed Salad 5 Biscuit 340 Cranberry Apple Crisp 56 Dt: Apple Grahams 85 Total Sodium (mg): 726 Calories: 748 | 8 mg Sodium Autumn Harvest Soup 162 Chicken Picatta 401 Orzo Pilaf with Spinach 57 Multigrain Bread 164 Fresh Orange 0 Total Sodium (mg): 908 Calories: 586 | 9 TGIF BRUNCH BUFFET Served at 11:00 Check the dining room for weekly menu. |
| 12 VETERAN'S DAY HOLIDAY NO MEALS SERVED | 13 mg Sodium Potato Pollock 273 Tartar Sauce 100 Macaroni & Cheese 195 Winter Veg Blend 29 Wheat Bread 160 Fudge Brownie 165 Diet: Choc Grahams 95 Total Sodium (mg): 1046 Calories: 845 | 14 mg Sodium Potato Leek Soup 131 Beef & Cabbage Casserole 300 Rye Bread 150 Diced Pears 5 Total Sodium (mg): 713 Calories: 713 | 15 mg Sodium Broccoli Bake 482 Tater Tots 80 Tossed Salad 5 Multigrain Bread 164 Fig Bar 100 Diet: Lorna Doons 100 Total Sodium (mg): 880 Calories: 905 | 16 High Sodium Meal Roast Turkey & Grav 389 Mashed Potatoes 66 Breaded Stuffing 158 Butternut Squash 0 Wheat Dinner Roll 105 Pumpkin Pie 430 Dt: Pumpkin Pudd 173 Total Sodium (mg): 1273* Calories: 905 |
| 19 mg Sodium Roast Pork with Cran Orange Sauce 91 Cinnamon Sweet Potatoes 31 Green Beans 3 Wheat Bread 160 Applesauce 0 Total Sodium (mg): 410 Calories: 597 | 20 mg Sodium Chicken Coq Au Vin 387 Garlic Mashed Potatoes 66 Creamed Spinach 55 Multigrain Bread 164 Sliced Peaches 5 Total Sodium (mg): 802 Calories: 602 | 21 mg Sodium Cheesy Cauliflower Soup 319 Haddock Newburg 364 Brown Rice Pilaf 150 Wheat Dinner Roll 105 Hermit Cookie 24 Diet: Gingerboy 60 Total Sodium (mg): 1086 Calories: 813 | 22 THANKSGIVING DAY HOLIDAY NO MEALS SERVED  | 23 TGIF BRUNCH BUFFET Served at 11:00 Check the dining room for weekly menu. |
| 26 Meatball grinders Salad Dessert | 27 mg Sodium Beef & Lentil Chili 260 Brown Rice 5 Mexicali Corn 6 Cornbread 291 Strawberry Cup 0 Dt: Applesauce 0 Total Sodium (mg): 687 Calories: 821 | 28 mg Sodium Roast Pork with Apple Gravy 156 Rosemary Roasted Potatoes 5 Broccoli 10 Multigrain Bread 164 Chocolate Pudding 135 Dt:SF Choc Pudding 156 Total Sodium (mg): 595 Calories: 629 | 29 mg Sodium Egg Drop Soup 167 Chicken Chow Mein 258 Chinese Noodles 166 Vegetable Fried Rice 98 Fortune Cookie 6 Fresh Orange 0 Total Sodium (mg): 821 Calories: 693 | 30 TGIF BRUNCH BUFFET Served at 11:00 Check the dining room for weekly menu. |

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.