

LIFEPATH - DECEMBER 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	4	5	6	7
mg Sodium	mg Sodium	mg Sodium	mg Sodium	mg Sodium
Turkey Corn Stew 191 Brussels Sprouts 33 Wheat Bread 160 Blueberry Yogurt 90	Beef Teriyaki 314 Vegetable Fried Rice 98 Broccoli 10 Multigrain Bread 164 Fortune Cookie 6 Pineapple 1	Gypsy Soup 272 Chicken Marsala 395 Red Bliss Potatoes 5 Wheat Bread 160 Mixed Fruit 10	Brd Alaskan Pollock 302 Tartar Sauce 100 Whipped Potatoes 66 Tossed Salad 5 Dinner Roll 132 Brownie 149 Dt:Choc Grahams 95	TGIF Bistro BRUNCH BUFFET Served at 11:00 Check the dinning Room for weekly menu
Total Sodium (mg): 835 Calories: 514	Total Sodium (mg): 718 Calories: 781	Total Sodium (mg): 967 Calories: 571	Total Sodium (mg): 847 Calories: 822	
10	11	12	13	14
mg Sodium	mg Sodium	mg Sodium	mg Sodium	mg Sodium
Macaroni & Cheese 488 Stewed Tomatoes 150 Multigrain Bread 164 Snack n Loaf 115 Dt: Cinn Grahams 85	BBQ Pork Rib 485 Corn 1 Winter Veg Blend 29 Multigrain Bread 164 Straw Fruit Cup 0 Diet: Peaches 5	Split Pea Soup 96 Breaded Chicken Drummer 450 Brown Rice Pilaf 150 Rye Bread 150 Mandarin Oranges 7	Roast Pork 73 Rosemary Gravy 83 Butternut Squash 0 Tossed Salad 5 Wheat Bread 160 Fruit Yogurt 75	TGIF Bistro Served at 11:00 Check the dinning Room for weekly menu
Total Sodium (mg): 1041 Calories: 841	Total Sodium (mg): 803 Calories: 555	Total Sodium (mg): 978 Calories: 649	Total Sodium (mg): 521 Calories: 524	
17	18	19	20	21
mg Sodium	mg Sodium	mg Sodium	mg Sodium	mg Sodium
Baked Meatloaf 216 with Onion Gravy 26 Whipped Potatoes 66 Glazed Carrots 81 Dinner Roll 132 Mixed Fruit 10	White Bean Kale Soup 211 Meatballs in Tomato 352 Basil Sauce Spaghetti 1 Italian Bread 230 Apricots 10	Roast Beef Au Jus 74 Seasoned Yukon Gold Potatoes 5 Broccoli Au Gratin 158 Wheat Dinner Roll 105 Frosted Layer Cake 235	Tomato Florentine Soup 164 Grilled Chicken with 342 Red Pepper Pesto Sour Cream & Chive Mashed Potatoes 92 Pumpnickel Bread 155 Pineapple 1	TGIF Bistro Served at 11:00 Check the dinning Room for weekly menu
Total Sodium (mg): 656 Calories: 735	Total Sodium (mg): 929 Calories: 719	Total Sodium (mg): 702 Calories: 841	Total Sodium (mg): 879 Calories: 652	
24	25	26	27	28
mg Sodium	mg Sodium	mg Sodium	mg Sodium	mg Sodium
Broccoli Bake 482 Stewed Tomatoes 150 Home Fries 5 Pumpnickel Bread 155 Gingerboy 60	CHRISTMAS HOLIDAY NO MEALS SERVED 	Grilled Chicken 320 ala Vodka 277 Cavatappi Pasta 1 Jardiniere Veg Blend 41 Multigrain Bread 164 Diced Peaches 5	Potato Pollock 273 Tartar Sauce 100 Potato Wedges 273 Winter Veg Blend 43 Wheat Bread 160 Snack n Loaf 115 Diet: Maple Grahams 115	TGIF Served at 11:00 Check the dinning Room for weekly menu
Total Sodium (mg): 976 Calories: 696		Total Sodium (mg): 932 Calories: 714	Total Sodium (mg): 1089 Calories: 834	
31	ALL MEALS INCLUDE: 1% MILK 110 CALORIES 125 mg SODIUM		ALTERNATIVE MENUS: DEC 06 - Roast Beef, Roasted Potato Salad, Chick Pea Cilantro Salad. DEC 13 - Sliced Turkey, Quinoa with Roasted Vegetables, Cucumber Salad.	ALTERNATIVE MENUS CONTINUED: DEC 20 - Mixed Greens with Salmon, Quinoa with Roasted Vegetables, Pineapple. DEC 27 - Sliced Ham, Wild Rice Salad, Carrot & Raisin Salad.
Roast Pork 73 Tarragon Gravy 83 Scalloped Potatoes 125 Brussels Sprouts 12 Rye Bread 150 Fresh Pear 2				
Total Sodium (mg): 570 Calories: 637				

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.