

LIFEPATH - JANUARY 2019

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
<p>ALTERNATIVE MENUS: JAN 3 - Cheese Omelet, Hash Browns, Peaches. JAN 10 - Ham Salad, Orzo & Spinach Salad, Roman Blend Veg Salad. JAN 17 - Roast Beef, Roasted Potato Salad, Chick Pea Cilantro Salad. <i>See bottom row for additional alternatives</i></p>	<p>1</p> <p>NEW YEAR'S DAY HOLIDAY</p> <p>NO MEALS SERVED</p> 	<p>2 mg Sodium</p> <p>Butternut Bisque 149 Baked Haddock 296 Lemon Dill Sauce 66 Chantilly Potato 238 Wheat Bread 64 Pears 5</p> <p>Total Sodium (mg): 1039 Calories: 711</p>	<p>3 mg Sodium</p> <p>Bok Choy Soup 99 Apricot Glazed 352 Chicken Breast 98 Veg Fried Rice 164 Multigrain Bread 360 Blueberry Buckle 156 Dt: SF Choc Pudding</p> <p>Total Sodium (mg): 1199 Calories: 808</p>	<p>4</p> <p>BRUNCH BUFFET Served at 11:00</p> <p>See menu on page 6 sign up is in dining room</p>
<p>7 mg Sodium</p> <p>Beef Bolognese 163 Cavitappi Pasta 1 Mixed Vegetables 88 Wheat Dinner Roll 105 Snack n Loaf 115 Dt: Cinn Grahams 85</p> <p>Total Sodium (mg): 547 Calories: 753</p>	<p>8 mg Sodium</p> <p>Shepherd's Pie 136 Broccoli 10 Wheat Bread 160 Vanilla Yogurt 75</p> <p>Total Sodium (mg): 506 Calories: 573</p>	<p>9 mg Sodium</p> <p>Vegetable Soup 115 Grilled Chicken 347 Florentine 57 Orzo Pilaf w/Spinach 164 Multigrain Bread 59 Apple Crisp 0 Diet: Apple Slices</p> <p>Total Sodium (mg): 866 Calories: 618</p>	<p>10 mg Sodium</p> <p>Turkey Corn Stew 464 Genoa Veg Blend 45 Biscuit 340 Fresh Clementine 1</p> <p>Total Sodium (mg): 975 Calories: 508</p>	<p>11</p> <p>BRUNCH BUFFET Served at 11:00</p> <p>See menu on page 6 sign up is in dining room</p>
<p>14 mg Sodium</p> <p>Swedish Meatballs 220 Parslied Noodles 4 Spinach 65 Italian Bread 230 Raisins 4</p> <p>Total Sodium (mg): 648 Calories: 650</p>	<p>15 mg Sodium</p> <p>Three C Soup 299 Chicken Teriyaki 242 Vegetable Fried Rice 98 Multigrain Bread 164 Tropical Fruit 10 Fortune Cookie 6</p> <p>Total Sodium (mg): 944 Calories: 672</p>	<p>16 mg Sodium</p> <p>Potato Pollock 273 Tartar Sauce 100 Yams 31 Italian Green Beans 3 Wheat Bread 160 Peaches 5</p> <p>Total Sodium (mg): 697 Calories: 674</p>	<p>17 High Sodium Meal</p> <p>Chicken Cordon Bleu 750* with gravy 35 Garlic Mashed Potatoes 66 Tossed Salad 5 Wheat Dinner Roll 105 Choc Chip Cookie Bar 154 Diet: Lorna Doons 100</p> <p>Total Sodium (mg): 1239* Calories: 891</p>	<p>18</p> <p>BRUNCH BUFFET Served at 11:00</p> <p>See menu on page 6 sign up is in dining room</p>
<p>21</p> <p>MARTIN LUTHER KING DAY</p> <p>NO MEALS SERVED</p>	<p>22 mg Sodium</p> <p>Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Multigrain Bread 164 Gingerboy 60</p> <p>Total Sodium (mg): 985 Calories: 717</p>	<p>23 mg Sodium</p> <p>Corn Chowder 172 Chicken Breast 320 with Supreme Sauce 46 Sweet Potato Coins 190 Wheat Bread 160 Pineapple 1</p> <p>Total Sodium (mg): 1014 Calories: 668</p>	<p>24 mg Sodium</p> <p>Roast Pork 73 with Apple Gravy 83 Roasted Potatoes 5 Tossed Salad 5 Wheat Bread 160 Applesauce Cup 0</p> <p>Total Sodium (mg): 451 Calories: 517</p>	<p>25</p> <p>BRUNCH BUFFET Served at 11:00</p> <p>See menu on page 6 sign up is in dining room</p>
<p>28 mg Sodium</p> <p>Baked Meatloaf with 216 Mushroom Gravy 85 Whipped Potatoes 66 Green Peas 66 Wheat Dinner Roll 105 Strawberry Yogurt 75</p> <p>Total Sodium (mg): 738 Calories: 717</p>	<p>29 mg Sodium</p> <p>Autumn Harvest Soup 162 Chicken & Rice Bake 429 Wheat Bread 160 Mixed Fruit 10</p> <p>Total Sodium (mg): 886 Calories: 566</p>	<p>30 mg Sodium</p> <p>Lasagna Roll Up 290 Meat Sauce 76 Tossed Salad 5 Italian Bread 230 Brownie 165 Diet:Choc Grahams 95</p> <p>Total Sodium (mg): 890 Calories: 617</p>	<p>31 mg Sodium</p> <p>Chicken Picatta 401 Quinoa with 93 Roasted Veggies 164 Multigrain Bread 0 Strawberry Cup 0 Dt:Applesauce Cup 0</p> <p>Total Sodium: 782 Calories: 646</p>	<p>ALTERNATIVE MENUS CONTINUED: JAN 24 - Sliced Turkey Breast, Quinoa with Roasted Veggies, Cucumber Salad. JAN 31 - Mixed Greens with Salmon, Quinoa with Roasted Veggies, Pineapple.</p>

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.