

LIFEPATH - FEBRUARY 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: FEB 07 - Sliced Ham , Wild Rice Salad, Carrot & Raisin Salad. FEB 14 - Cheese Omelet, Hash Browns, Peaches. FEB 21 - Tuna Salad, Israeli Cous Cous Salad, ColeSlaw.</p>	<p>ALTERNATIVE MENUS CONTINUED: FEB 28 - Roast Beef, Roasted Potato Salad, Chick Pea & Cilantro Salad.</p>	<p>ALL MEALS INCLUDE:</p> <p>1% MILK 110 CALORIES 125 mg SODIUM</p>		<p>1 11:00 BRUNCH Buffet SEE PG 6 OF NEWSLETTER FOR FRIDAY MENUS</p>																																														
<p>4 mg Sodium</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Potato Pollock</td><td style="text-align: right;">273</td></tr> <tr><td>Tartar Sauce</td><td style="text-align: right;">100</td></tr> <tr><td>Brown Rice Pilaf</td><td style="text-align: right;">150</td></tr> <tr><td>Peas</td><td style="text-align: right;">66</td></tr> <tr><td>Pumpernickel Bread</td><td style="text-align: right;">155</td></tr> <tr><td>Clementine</td><td style="text-align: right;">1</td></tr> </table> <p>Total Sodium (mg): 869 Calories: 670</p>	Potato Pollock	273	Tartar Sauce	100	Brown Rice Pilaf	150	Peas	66	Pumpernickel Bread	155	Clementine	1	<p>5 mg Sodium</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Chunky Tomato Soup</td><td style="text-align: right;">177</td></tr> <tr><td>Macaroni & Cheese</td><td style="text-align: right;">488</td></tr> <tr><td>Multigrain Bread</td><td style="text-align: right;">164</td></tr> <tr><td>Diced Peaches</td><td style="text-align: right;">5</td></tr> </table> <p>Total Sodium (mg): 958 Calories: 726</p>	Chunky Tomato Soup	177	Macaroni & Cheese	488	Multigrain Bread	164	Diced Peaches	5	<p>6 mg Sodium</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Marinated Beef Tips</td><td style="text-align: right;">272</td></tr> <tr><td>Scalloped Potatoes</td><td style="text-align: right;">125</td></tr> <tr><td>Brussels Sprouts</td><td style="text-align: right;">12</td></tr> <tr><td>Wheat Dinner Roll</td><td style="text-align: right;">105</td></tr> <tr><td>Chocolate Mousse</td><td style="text-align: right;">280</td></tr> <tr><td>Dt: SF Choc Mousse</td><td style="text-align: right;">112</td></tr> </table> <p>Total Sodium (mg): 919 Calories: 722</p>	Marinated Beef Tips	272	Scalloped Potatoes	125	Brussels Sprouts	12	Wheat Dinner Roll	105	Chocolate Mousse	280	Dt: SF Choc Mousse	112	<p>7 mg Sodium</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Salisbury Steak</td><td style="text-align: right;">201</td></tr> <tr><td>with Mushroom Gravy</td><td style="text-align: right;">85</td></tr> <tr><td>Whipped Potatoes</td><td style="text-align: right;">66</td></tr> <tr><td>Tossed Salad</td><td style="text-align: right;">5</td></tr> <tr><td>Dinner Roll</td><td style="text-align: right;">132</td></tr> <tr><td>Strawberry Cup</td><td style="text-align: right;">0</td></tr> <tr><td>Diet: Straw Yogurt</td><td style="text-align: right;">75</td></tr> </table> <p>Total Sodium (mg): 614 Calories: 685</p>	Salisbury Steak	201	with Mushroom Gravy	85	Whipped Potatoes	66	Tossed Salad	5	Dinner Roll	132	Strawberry Cup	0	Diet: Straw Yogurt	75	<p>8 11:00 BRUNCH Buffet SEE PG 6 OF NEWSLETTER FOR FRIDAY MENUS</p>
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<p>18</p> <p style="text-align: center;">PRESIDENT'S DAY HOLIDAY</p> <p style="text-align: center;">NO MEALS SERVED</p>	<p>19 mg Sodium</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>American Chop Suey</td><td style="text-align: right;">288</td></tr> <tr><td>Riviera Blend Veggies</td><td style="text-align: right;">140</td></tr> <tr><td>Wheat Bread</td><td style="text-align: right;">160</td></tr> <tr><td>Applesauce Cup</td><td style="text-align: right;">14</td></tr> </table> <p>Total Sodium (mg): 727 Calories: 653</p>	American Chop Suey	288	Riviera Blend Veggies	140	Wheat Bread	160	Applesauce Cup	14	<p>20 mg Sodium</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Minestrone Soup</td><td style="text-align: right;">152</td></tr> <tr><td>Chicken Coq au Vin</td><td style="text-align: right;">387</td></tr> <tr><td>Garlic Mashed Potatoes</td><td style="text-align: right;">66</td></tr> <tr><td>Multigrain Bread</td><td style="text-align: right;">164</td></tr> <tr><td>Diced Pears</td><td style="text-align: right;">5</td></tr> </table> <p>Total Sodium (mg): 899 Calories: 606</p>	Minestrone Soup	152	Chicken Coq au Vin	387	Garlic Mashed Potatoes	66	Multigrain Bread	164	Diced Pears	5	<p>21 mg Sodium</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Turkey Tetrazzini</td><td style="text-align: right;">514</td></tr> <tr><td>Egg Noodles</td><td style="text-align: right;">1</td></tr> <tr><td>Tossed Salad</td><td style="text-align: right;">5</td></tr> <tr><td>Dinner Roll</td><td style="text-align: right;">132</td></tr> <tr><td>Lorna Doons</td><td style="text-align: right;">100</td></tr> </table> <p>Total Sodium (mg): 880 Calories: 609</p>	Turkey Tetrazzini	514	Egg Noodles	1	Tossed Salad	5	Dinner Roll	132	Lorna Doons	100	<p>22 11:00 BRUNCH Buffet SEE PG 6 OF NEWSLETTER FOR FRIDAY MENUS</p>																		
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<p>25 mg Sodium</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Chicken & Corn Stew</td><td style="text-align: right;">265</td></tr> <tr><td>Brussels Sprouts</td><td style="text-align: right;">12</td></tr> <tr><td>Wheat Dinner Roll</td><td style="text-align: right;">105</td></tr> <tr><td>Fresh Apple</td><td style="text-align: right;">1</td></tr> </table> <p>Total Sodium (mg): 508 Calories: 462</p>	Chicken & Corn Stew	265	Brussels Sprouts	12	Wheat Dinner Roll	105	Fresh Apple	1	<p>26 mg Sodium</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>BBQ Chicken</td><td style="text-align: right;">402</td></tr> <tr><td>Macaroni & Cheese</td><td style="text-align: right;">195</td></tr> <tr><td>Green Peas</td><td style="text-align: right;">66</td></tr> <tr><td>Wheat Bread</td><td style="text-align: right;">160</td></tr> <tr><td>Pineapple</td><td style="text-align: right;">1</td></tr> </table> <p>Total Sodium (mg): 949 Calories: 663</p>	BBQ Chicken	402	Macaroni & Cheese	195	Green Peas	66	Wheat Bread	160	Pineapple	1	<p>27 mg Sodium</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Breaded Alaskan Pollock</td><td style="text-align: right;">302</td></tr> <tr><td>Tartar Sauce</td><td style="text-align: right;">100</td></tr> <tr><td>Wild Rice Pilaf</td><td style="text-align: right;">140</td></tr> <tr><td>Tossed Salad</td><td style="text-align: right;">5</td></tr> <tr><td>Multigrain Bread</td><td style="text-align: right;">164</td></tr> <tr><td>Spice Cake</td><td style="text-align: right;">245</td></tr> <tr><td>Diet: Gingerboy</td><td style="text-align: right;">60</td></tr> </table> <p>Total Sodium (mg): 1081 Calories: 779</p>	Breaded Alaskan Pollock	302	Tartar Sauce	100	Wild Rice Pilaf	140	Tossed Salad	5	Multigrain Bread	164	Spice Cake	245	Diet: Gingerboy	60	<p>28 mg Sodium</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Three C Soup</td><td style="text-align: right;">299</td></tr> <tr><td>Meatball Cacciatore with Spaghetti</td><td style="text-align: right;">316</td></tr> <tr><td>Italian Bread</td><td style="text-align: right;">41</td></tr> <tr><td>Raisins</td><td style="text-align: right;">4</td></tr> </table> <p>Total Sodium (mg): 975 Calories: 681</p>	Three C Soup	299	Meatball Cacciatore with Spaghetti	316	Italian Bread	41	Raisins	4							
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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.