

LIFEPATH - MARCH 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
ALTERNATIVE MENUS: MAR 07 - Cheese Omelet, Hash Browns, Peaches. MAR 14 - Mixed Greens w/Salmon, Orzo & Spinach Salad, Pineapple.	ALTERNATIVE MENUS CONTINUED: MAR 21 - Sliced Ham, Wild Rice Salad, Carrot & Raisin Salad. MAR 28 - Chicken Caesar Salad, Beet & Onion Salad, Sesame Cucumber Salad.	ALL MEALS INCLUDE: 1% MILK 110 CALORIES 125 mg SODIUM		1 11:00 BRUNCH Buffet SEE PG 6 OF NEWSLETTER FOR FRIDAY MENUS <hr/> WEEK 1 MENU MARCH 15TH
4 mg Sodium Beef & Lentil Chili 260 Brown Rice 5 Mixed Vegetables 88 Rye Bread 150 Blueberry Yogurt 75	5 mg Sodium Navy Bean Soup 222 Pork & Pepper Pasta 122 Wheat Bread 160 Applesauce 0	6 mg Sodium Tomato Florentine Soup 164 Baked Haddock with Lemon Dill Sauce 296 Red Bliss Potatoes 4 Multigrain Bread 164 Fig Bar 100 Diet: Lorna Doons 100	7 mg Sodium Chicken Picatta 401 TriColor Rotini 1 Riviera Veg Blend 140 Wheat Dinner Roll 105 Chocolate Cake 410 Diet: Choc Grahams 95	8 11:00 BRUNCH Buffet SEE PG 6 OF NEWSLETTER FOR FRIDAY MENUS <hr/> WEEK 2 MARCH 22ND
Total Sodium (mg): 703 Calories: 718	Total Sodium (mg): 629 Calories: 730	Total Sodium (mg): 918 Calories: 714	Total Sodium (mg): 1182 Calories: 664	
11 mg Sodium Roast Pork with Apple Gravy 73 Butternut Squash 0 Green Beans 3 Dinner Roll 132 Mixed Fruit 10	12 mg Sodium Gypsy Soup 272 Chicken Marsala 395 Garlic Mashed 66 Wheat Bread 160 Peaches 5	13 mg Sodium Hawaiian Meatballs 247 White Rice 90 Tossed Salad 5 Multigrain Bread 164 Mandarin Oranges 7	14 High Sodium Meal Corned Beef Hash 874* Braised Cabbage 25 Parslied Carrots 64 Rye Bread 150 Pineapple Whip 87	15 11:00 BRUNCH Buffet SEE PG 6 OF NEWSLETTER FOR FRIDAY MENUS <hr/> WEEK 3 MARCH 1ST
Total Sodium (mg): 426 Calories: 512	Total Sodium (mg): 1023 Calories: 615	Total Sodium (mg): 637 Calories: 606	Total Sodium (mg): 1324* Calories: 651	
18 mg Sodium Vegetable Gumbo 50 Roast Turkey with Herb Gravy 330 Cinnamon Mashed Sweet Potatoes 31 Dinner Roll 132 Strawberry Cup 0 Diet: Straw Yogurt 75	19 mg Sodium Swedish Meatballs 220 Parslied Noodles 4 Spinach 65 Pumpernickel Bread 155 Chocolate Pudding 135 Dt: SF Choc Pudding 156	20 mg Sodium Cheesy Cauliflower 319 Roast Pork with Rosemary Gravy 73 Yukon Gold Potatoes 83 Wheat Dinner Roll 4 Escalloped Apples 105 Diet: Cinn Apples 39 10	21 mg Sodium Chicken Teriyaki 362 Vegetable Fried Rice 98 Asian Veg Blend 21 Wheat Bread 160 Fortune Cookie 6 Clementine 1	22 11:00 BRUNCH Buffet SEE PG 6 OF NEWSLETTER FOR FRIDAY MENUS <hr/> WEEK 4 MARCH 8TH
Total Sodium (mg): 727 Calories: 576	Total Sodium (mg): 704 Calories: 672	Total Sodium (mg): 748 Calories: 697	Total Sodium (mg): 774 Calories: 647	
25 mg Sodium White Bean Kale Soup 211 Shepherd's Pie 136 Multigrain Bread 164 Lorna Doons 100	26 mg Sodium Chicken Brunswick Stew 365 Brussels Sprouts 12 Biscuit 340 Pears 5	27 mg Sodium Autumn Harvest Soup 162 Homestyle Chicken Drummer 450 Macaroni & Cheese 195 Multigrain Bread 164 Pineapple 1	28 mg Sodium BBQ Pulled Pork 448 Baked Beans 152 Coleslaw 101 Hamburger Roll 230 Vanilla Yogurt 50	29 11:00 BRUNCH Buffet SEE PG 6 OF NEWSLETTER FOR FRIDAY MENUS <hr/> WEEK 1 MARCH 1ST
Total Sodium (mg): 736 Calories: 699	Total Sodium (mg): 847 Calories: 516	Total Sodium (mg): 1097 Calories: 690	Total Sodium (mg): 1107 Calories: 737	

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.