


LIFEPATH - APRIL 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
1 mg Sodium	2 mg Sodium	3 mg Sodium	4 mg Sodium	5
Baked Meatloaf with 216 Jardiniere Gravy 68 Sour Cream & Chive Mashed Potatoes 92 Italian Green Beans 3 Wheat Bread 160 Choc Chip Cookie 160 Dt: Maple Grahams 115	Spaghetti with 1 Meatballs and 210 Tomato Basil Sauce 142 Italian Veg Blend 41 Wheat Bread 160 Fruit Yogurt 75	Chicken Breast with 320 CranOrange Sauce 18 Sweet Potatoes 2 Tossed Salad 5 Pumpernickel Bread 155 Peaches 5	Tomato Florentine Soup 164 Pork & Pepper Saute 120 Wild Rice Pilaf 140 Multigrain Bread 164 Apple Streusel Cake 191 Dt: Cinn Sliced Apples 0	11:00 BRUNCH BUFFET SEE PG 6 OF NEWSLETTER FOR FRIDAY MENUS
Total Sodium (mg): 824 Calories: 981	Total Sodium (mg): 754 Calories: 679	Total Sodium (mg): 630 Calories: 424	Total Sodium (mg): 778 Calories: 677	Apr. 5 = week 4 menu
8 mg Sodium	9 mg Sodium	10 mg Sodium	11 mg Sodium	12
Turkey Corn Stew 464 Green Beans 3 Wheat Dinner Roll 105 Mandarin Oranges 7	Split Pea Soup 96 Chicken Coq Au Vin 387 Sour Cream & Chive 67 Mashed Potatoes 92 Wheat Bread 160 Tropical Fruit 10	Salmon Boat with 210 Lemon Dill Sauce 66 Yukon Gold Potatoes 5 Broccoli Au Gratin 158 Wheat Dinner Roll 105 Chocolate Mousse 280 Diet: Choc Mousse 112	Cheesy Cauliflower Soup 319 Beef Tips with 272 Burgundy Sauce 123 Butternut Squash 0 Rye Bread 150 Raisins 4	11:00 BRUNCH BUFFET SEE PG 6 OF NEWSLETTER FOR FRIDAY MENUS
Total Sodium (mg): 703 Calories: 435	Total Sodium (mg): 871 Calories: 733	Total Sodium (mg): 949 Calories: 680	Total Sodium (mg): 992 Calories: 795	Apr. 12 = week 1 menu
15	16 mg Sodium	17 mg Sodium	18 mg Sodium	19
PATRIOT'S DAY HOLIDAY NO MEALS SERVED 	Grilled Chicken Parmesan 655* Bowtie Pasta 1 Cauliflower Supreme 14 Multigrain Bread 164 Pineapple 1	Autumn Harvest Soup 233 Kielbasa with 400 Onions & Peppers 27 Oven Roasted Potatoes 5 Hot Dog Roll 270 Apricots 10	Baked Meatloaf 216 with Gravy 85 Whipped Potatoes 66 Tossed Salad 5 Dinner Roll 132 Fig Bar 100 Diet: Pudding 173	11:00 BRUNCH BUFFET SEE PG 6 OF NEWSLETTER FOR FRIDAY MENUS
	Total Sodium (mg): 787 Calories: 578	Total Sodium (mg): 1070 Calories: 689	Total Sodium (mg): 730 Calories: 770	Apr. 19 = week 2 menu
22 mg Sodium	23 mg Sodium	24 mg Sodium	25 mg Sodium	26
Baked Haddock with 296 Florentine Sauce 27 Butternut Squash 0 Brussels Sprouts 12 Multigrain Bread 164 Brownie 165 Dt: Choc Grahams 95	Gypsy Soup 272 BBQ Pork Rib BQ 362 O'Brien Potatoes 34 Multigrain Bread 164 Pears 5	Swedish Meatballs 220 Parslied Egg Noodles 4 Summer Veg Blend 24 Rye Bread 150 Hermit Cookie 24 Dt: Maple Grahams 115	Grilled Chicken with 320 Apricot Glaze 5 Chantilly Potatoes 238 Tossed Salad 5 Wheat Bread 160 Fruited Yogurt 75	11:00 BRUNCH BUFFET SEE PG 6 OF NEWSLETTER FOR FRIDAY MENUS
Total Sodium (mg): 788 Calories: 574	Total Sodium (mg): 962 Calories: 586	Total Sodium (mg): 546 Calories: 752	Total Sodium (mg): 927 Calories: 605	Apr. 26 = week 3 menu
29 mg Sodium	30 mg Sodium		ALTERNATIVE MENUS:	ALTERNATIVE MENUS
Pork Fried Rice 508* Asian Veg Blend 21 Multigrain Bread 164 Fortune Cookie 6 Strawberry Cup 0 Diet: Raisins 4	Chicken Jambalaya 310 Brown Rice 5 Broccoli 10 Wheat Bread 160 Peaches 5		APR 04 - Chef Salad, Mediterranean Rice Salad, Sesame Cucumber Salad. APR 11 - Chicken Breast w/Red Pepper Pesto, Macaroni Salad, 3 Bean Salad.	CONTINUED: APR 18 - Chicken Caesar Salad, Pasta Salad, Broccoli Salad. APR 25 - Mixed Greens with Salmon, Orzo & Spinach Salad, Pineapple.
Total Sodium (mg): 824 Calories: 749	Total Sodium (mg): 616 Calories: 591			

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.