


LIFEPATH - MAY 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: MAY 02 - Sliced Ham, Wild Rice Salad, Carrot & Raisin Salad. MAY 09 - Sliced Turkey Breast, Quinoa w/Roasted Veggies, Mandarin Oranges. MAY 16 - Mixed Greens w/Salmon, Quinoa w/Roasted Veggies, Pineapple.</p>	<p>ALTERNATIVE MENUS CONTINUED: MAY 23 - Roast Beef, Roasted Potato Salad, Chick Pea & Cilantro Salad. MAY 30 - Ranch Chicken, Pasta Salad, Roman Blend Vegetable Salad.</p>	<p>1 mg Sodium Omelet with Cheese Sauce 482 Sausage Patty 270 Home Fries 5 Spinach 65 Wheat Dinner Roll 105 Snack n Loaf 115 Diet: Lorna Doones 100 Total Sodium (mg): 1167 Calories: 822</p>	<p>2 mg Sodium Butternut Bisque 149 Beef and Pork Meat Pie 297 Wheat Dinner Roll 105 Clementine 1 Total Sodium (mg): 676 Calories: 727</p>	<p>3 11:00 BRUNCH BUFFET Week 4 Menu</p>
<p>6 mg Sodium Roast Pork 73 Apple Gravy 83 Sweet Potato 31 Green Beans 3 Marble Rye Bread 127 Applesauce 0 Total Sodium (mg): 442 Calories: 535</p>	<p>7 mg Sodium Baked Haddock with Lemon Dill Sauce 296 Chantilly Potato 66 Carrots 238 Wheat Bread 64 Lemon Pudding 170 Dt:SF Lemon Pudding 200 173 Total Sodium (mg): 1159 Calories: 752</p>	<p>8 mg Sodium BBQ Beef Burger 139 Tater Tots 29 Mexicali Corn 6 Hamburger Bun 230 Mandarin Oranges 7 Total Sodium (mg): 536 Calories: 738</p>	<p>9 mg Sodium COLD PLATE Chicken Caesar Salad* 750* Cous Cous w/Carrots 24 Pumpernickel Bread 155 Strawberry Cup 0 Diet: Grahams 95 Total Sodium (mg): 1054 Calories: 689</p>	<p>10 11:00 BRUNCH BUFFET Week 1 Menu</p>
<p>13 mg Sodium Beef and Lentil Chili 260 Brown Rice 5 Genoa Blend Veg 45 Multigrain Bread 164 Raisins 4 Total Sodium (mg): 602 Calories: 716</p>	<p>14 mg Sodium BBQ Pulled Pork 389 Macaroni & Cheese 195 Summer Veg Blend 24 Hamburger Bun 230 Sliced Apples 10 Total Sodium (mg): 973 Calories: 643</p>	<p>15 mg Sodium Grilled Chicken Breast 320 Supreme Sauce 46 Wild Rice Pilaf 140 Tossed Salad 5 Wheat Bread 170 Peaches 5 Total Sodium (mg): 811 Calories: 501</p>	<p>16 mg Sodium Turkey & Corn Stew 464 Spinach 65 Biscuit 340 Sugar Cookie 181 Diet: Grahams 95 Total Sodium (mg): 1174 Calories: 699</p>	<p>17 11:00 BRUNCH BUFFET Week 2 Menu</p>
<p>20 mg Sodium Spaghetti with Meatballs and Tomato Basil Sauce 210 Broccoli 142 Italian Bread 10 Snack n Loaf 230 Diet: Lorna Doones 115 100 Total Sodium (mg): 833 Calories: 725</p>	<p>21 mg Sodium Grilled Chicken with Honey Mustard Sauce 320 Sweet Potato Coins 213 Peas & Carrots 190 Multigrain Bread 72 Pineapple Chunks 164 1 Total Sodium (mg): 1084 Calories: 619</p>	<p>22 mg Sodium Potato Pollock 273 Tartar Sauce 100 Italian Green Beans 3 O'Brien Potatoes 34 Rye Bread 150 Lemon Cake 215 Dt: Choc Grahams 95 Total Sodium (mg): 900 Calories: 739</p>	<p>23 mg Sodium Vegetable Soup 115 Chicken Teriyaki 242 Brown Rice 5 Wheat Bread 170 Fortune Cookie 6 Clementine 1 Total Sodium (mg): 664 Calories: 561</p>	<p>24 11:00 BRUNCH BUFFET Week 3 Menu</p>
<p>27 MEMORIAL DAY HOLIDAY NO MEALS SERVED </p>	<p>28 mg Sodium Broccoli Bake 482 Stewed Tomatoes 150 Home Fries 5 Wheat Bread 170 Fruited Yogurt 75 Total Sodium (mg): 1006 Calories: 721</p>	<p>29 mg Sodium Chicken Drummer 450 Baked Beans 152 Coleslaw 101 Wheat Bread 170 Strawberry Cup 0 Diet: SF Banana Pudding 173 Total Sodium (mg): 998 Calories: 703</p>	<p>30 mg Sodium Pork and Red Pepper Pasta 122 Broccoli 10 Multigrain Bread 164 Fig Bar 100 Dt: Cinn Grahams 95 Total Sodium (mg): 520 Calories: 742</p>	<p>31 11:00 BRUNCH BUFFET Week 4 Menu</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.