

LIFEPATH - JUNE 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
3	4	5	6	7
mg Sodium	mg Sodium	mg Sodium	mg Sodium	
Sloppy Joe 259	Sweet & Sour	Shepherd's Pie 136	Grilled Chicken with 320	11:00 BRUNCH BUFFET Week 1 Menu
Potato Wedges 273	Meatballs 248	Peas 66	Peach Salsa 43	
Spinach 65	White Rice 4	Rye Bread 150	Orzo Pilaf w/Spinach 57	
Hamburger Bun 230	Asian Veg Blend 21	Strawberry Cup 0	Tossed Salad 5	
Fresh Apple 2	Wheat Bread 170	Diet: Straw Yogurt 51	Multigrain Bread 164	
	Lorna Doons 100		Pineapple Whip 87	
Total Sodium (mg): 954	Total Sodium (mg): 669	Total Sodium (mg): 477	Total Sodium (mg): 799	
Calories: 686	Calories: 681	Calories: 597	Calories: 643	
10	11	12	13	14
mg Sodium	mg Sodium	mg Sodium	mg Sodium	
Potato Pollock 273	Macaroni & Cheese 488	Lasagna Roll with	Pot Roast of Beef 85	11:00 BRUNCH BUFFET Week 2 Menu
Tartar Sauce 100	Stewed Tomatoes 150	Meat Sauce 340	with Gravy 68	
Wild Rice Pilaf 140	Wheat Bread 170	Tossed Salad 5	Garlic Mashed Potatoes 66	
Broccoli 10	Diced Peaches 5	Italian Bread 230	Green Bean Casserole 262	
Wheat Dinner Roll 105		Dried Cherries 5	Dinner Roll 132	
Fresh Plum 1		Dt: Applesauce Cup 0	Chocolate Cake 410	
			DT:SF Choc Pudding 125	
Total Sodium (mg): 755	Total Sodium (mg): 938	Total Sodium (mg): 705	Total Sodium (mg): 1148	
Calories: 640	Calories: 745	Calories: 567	Calories: 805	
17	18	19	20	21
mg Sodium	mg Sodium	mg Sodium	mg Sodium	
Chicken & White	Haddock Newburg 364	Steak & Cheese	Vegetable Barley Soup 257	11:00 BRUNCH BUFFET Week 3 Menu
Bean Chili 260	Red Bliss Potatoes 41	Pinwheel* 550*	Grilled Chicken 320	
Brown Rice 5	Spinach 65	Potato Wedges 273	Teriyaki 42	
Calif Veg Blend 22	Multigrain Bread 164	Tossed Salad 5	Vegetable Fried Rice 98	
Multigrain Bread 164	Mixed Fruit 10	Fruit Yogurt 51	Multigrain Bread 164	
Vanilla Pudding 170			Fortune Cookie 6	
Diet: Lorna Doons 100			Fresh Orange 0	
Total Sodium (mg): 746	Total Sodium (mg): 731	Total Sodium (mg): 1110	Total Sodium (mg): 1012	
Calories: 650	Calories: 502	Calories: 671	Calories: 751	
24	25	26	27	28
mg Sodium	mg Sodium	mg Sodium	mg Sodium	
Hot Dog (low Na+) 490	Beef Bolognese 163	Glazed Chicken	<u>COLD MEAL</u>	11:00 BRUNCH BUFFET Week 4 Menu
Baked Beans 152	Penne Pasta 1	Drumstick 290	Turkey & Tortellini	
Carrots 64	Mixed Vegetables 88	Cinnamon Mashed	Salad 430	
Hot Dog Bun 270	Italian Bread 230	Sweet Potatoes 2	Beet & Onion Salad 217	
Pineapple 1	Pears 5	Tossed Salad 5	Three Bean Salad 89	
		Multigrain Bread 164	Wheat Dinner Roll 105	
		Almond Cookie 181	Fig Bar 35	
		Diet: Lorna Doons 100	Diet: Grahams 85	
Total Sodium (mg): 1102	Total Sodium (mg): 612	Total Sodium (mg): 766	Total Sodium (mg): 1001	
Calories: 661	Calories: 684	Calories: 621	Calories: 946	
ALL MEALS INCLUDE: 1% MILK 110 CALORIES 125 mg SODIUM		<u>ALTERNATIVE MENUS:</u> <u>JUN 06 - Mixed Greens with Salmon, Orzo & Spinach Salad, Pineapple.</u> <u>JUN 13 - Sliced Ham, Wild Rice Salad, Carrot & Raisin Salad.</u>	<u>ALTERNATIVE MENUS CONTINUED:</u> <u>JUN 20 - Cheese Omelet, Hash Browns, Peaches.</u> <u>JUN 27 - Tuna Salad, Israeli Cous Cous, Cole Slaw.</u>	

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.