

LIFEPATH - AUGUST 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: AUG 01 - Chicken Caesar Salad, Potato Salad, Mixed Fruit. AUG 08 - Tuna Salad, Israeli Cous Cous Salad, Cole Slaw. AUG 15 - Roast Beef, Roasted Potato Salad, Chick Pea Cilantro Salad.</p>	<p>ALTERNATIVE MENUS CONTINUED: AUG 22 - Sliced Turkey Breast, Quinoa with Roasted Vegetables, Cucumber Salad. AUG 29 - Mixed Greens with Salmon, Tangy Four Bean Salad, Peaches.</p>	<p>ALL MEALS INCLUDE:</p> <p>1% MILK</p> <p>110 CALORIES</p> <p>125 mg SODIUM</p>	<p style="text-align: center;">1 mg Sodium</p> <p>White Bean Kale Soup 211 Baked Meatloaf with 216 Mushroom Gravy 85 Mashed Potatoes 66 Wheat Bread 170 Strawberry Cup 0 Diet: Peaches 0</p> <p style="text-align: center;">Total Sodium (mg): 873 Calories: 786</p>	<p style="text-align: center;">2</p> <p>Brunch Wk, 1</p> <p>Waffles Sausage Hash Browns Juice & Milk</p>
<p style="text-align: center;">5 mg Sodium</p> <p>American Chop Suey 288 Spinach 65 Italian Bread 230 Applesauce Cup 0</p> <p style="text-align: center;">Total Sodium (mg): 708 Calories: 630</p>	<p style="text-align: center;">6 mg Sodium</p> <p>Shepherd's Pie 136 Beef Gravy 85 Green Beans 3 Multigrain Bread 164 Pineapple 1</p> <p style="text-align: center;">Total Sodium (mg): 514 Calories: 577</p>	<p style="text-align: center;">7 mg Sodium</p> <p>Grilled Chicken 320 in Apricot Glaze 1 Orzo Pilaf w/Spinach 57 Italian Veg Blend 41 Wheat Dinner Roll 105 Cherry Brownie 165 Diet: Small Cherry Brownie 83</p> <p style="text-align: center;">Total Sodium (mg): 814 Calories: 605</p>	<p style="text-align: center;">8 mg Sodium</p> <p>COLD PLATE</p> <p>Vegetable Gumbo 50 Turkey Cranberry Salad* 596* Wild Rice Salad 140 Potato Bread 170 Clementine 1</p> <p style="text-align: center;">Total Sodium (mg): 1082 Calories: 707</p>	<p style="text-align: center;">9</p> <p>Brunch Wk, 2</p> <p>Cheese Omelet w/cheese sauce 2 oz. Ham Steak Waffle Fries Juice & Milk</p>
<p style="text-align: center;">12 mg Sodium</p> <p>Chicken Jambalaya 310 Brown Rice 5 Mixed Vegetables 88 Multigrain Bread 164 Fruit Yogurt 51</p> <p style="text-align: center;">Total Sodium (mg): 743 Calories: 707</p>	<p style="text-align: center;">13 mg Sodium</p> <p>BBQ Grilled Chicken 402 on a Bun 230 Potato Wedges 273 Brussels Sprouts 12 Pears 5</p> <p style="text-align: center;">Total Sodium (mg): 1047 Calories: 592</p>	<p style="text-align: center;">14 mg Sodium</p> <p>Teriyaki Beef Strips 314 Veg Fried Rice 98 Broccoli 10 Multigrain Bread 164 Fortune Cookie 6 Pineapple Cake 338 Dt: Small Pineapple Cake 169</p> <p style="text-align: center;">Total Sodium (mg): 1055 Calories: 921</p>	<p style="text-align: center;">15 mg Sodium</p> <p>Chicken Parmesan* with Mozzarella and Tomato Basil Sauce 732* Penne Pasta 1 Tossed Salad 5 Italian Bread 230 Applesauce Cup 0</p> <p style="text-align: center;">Total Sodium (mg): 1093 Calories: 646</p>	<p style="text-align: center;">16</p> <p>Brunch Wk, 3</p> <p>Pancakes Sausage Potato Wedges Juice & Milk</p>
<p style="text-align: center;">19 mg Sodium</p> <p>Potato Pollock 273 Tartar Sauce 100 Butternut Squash 48 Cauliflower 14 Wheat Dinner Roll 105 Fresh Fruit (Plum) 0</p> <p style="text-align: center;">Total Sodium (mg): 665 Calories: 582</p>	<p style="text-align: center;">20 mg Sodium</p> <p>Lasagna Roll 370 With Meat Sauce 50 Italian Veg Blend 41 Multigrain Bread 164 Peach Yogurt Parfait 50</p> <p style="text-align: center;">Total Sodium (mg): 800 Calories: 624</p>	<p style="font-size: 24px;">21</p> <p>CLOSED</p> <p>NO LUNCH</p>	<p style="font-size: 24px;">22</p> <p>CLOSED</p> <p>NO LUNCH</p>	<p style="font-size: 24px;">23</p> <p>CLOSED</p> <p>NO BRUNCH</p>
<p style="text-align: center;">26 mg Sodium</p> <p>Salisbury Steak 201 with Onion Gravy 26 Sr Cream & Chive Whipped Potatoes 92 Green Beans 3 Wheat Dinner Roll 105 Fruit Crunch Bar 80 Diet: Cinn Grahams 115</p> <p style="text-align: center;">Total Sodium (mg): 632 Calories: 903</p>	<p style="text-align: center;">27 mg Sodium</p> <p>Swedish Meatballs 220 Parslied Noodles 4 Broccoli 10 Multigrain Bread 164 Tropical Fruit 10</p> <p style="text-align: center;">Total Sodium (mg): 533 Calories: 614</p>	<p style="text-align: center;">28 High Sodium Meal</p> <p>Omelette with Cheese Sauce 482 Sausage Patty 270 Home Fries 5 Stewed Tomatoes 150 Wheat Dinner Roll 105 Apple StreuselCake 191 Dt: Small Apple Cake 95</p> <p style="text-align: center;">Total Sodium (mg): 1327* Calories: 841</p>	<p style="text-align: center;">29 mg Sodium</p> <p>Gypsy Soup 272 Grilled Chicken Picatta 324 Wild Rice Pilaf 140 Rye Bread 150 Fruit Yogurt 51</p> <p style="text-align: center;">Total Sodium (mg): 1062 Calories: 594</p>	<p style="text-align: center;">30</p> <p>Brunch Wk, 1</p> <p>Waffles Sausage Hash Browns Juice & Milk</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.