

LIFEPATH - SEPTEMBER 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. Athol 978-249-9001, Bernardston 413-648-5319, Charlemont 413-339-5720, Erving 413-423-3308, Leverett 413-367-2694, Montague 413-863-9357, New Salem 978-544-6437, Northfield 413-498-2186, Orange 978-544-7082, Petersham 978-724-3276, Phillipston 978-249-3164, Royalston 978-249-9656, Shelburne 413-625-6266, South County 413-665-5063, Warwick 413-544-2630.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY HOLIDAY NO MEALS SERVED	3 mg Sodium Roast Turkey 440 with Herb Gravy 59 Butternut Squash 0 Peas & Carrots 72 Multigrain Bread 164 Fresh Fruit 1 Total Sodium (mg): 861 Calories: 525	4 mg Sodium Chunky Tomato Soup 177 Macaroni & Cheese 488 Italian Bread 230 Peaches 5 Total Sodium (mg): 1025 Calories: 717	5 mg Sodium Grilled Chicken with 320 Honey Mustard Sauce 213 Cous Cous w/Carrots 24 Tossed Salad 5 Wheat Bread 170 Clementine 1 Total Sodium (mg): 859 Calories: 577	6 High Sodium Meal Veal Parmesan 853* w/Mozzarella & Sauce Garlic Mashed Potatoes 66 Italian Green Beans 3 Dinner Roll 132 Cherry Apple Crisp 56 Dt: Apples w/Cinn 10 Total Sodium (mg): 1236* Calories: 932
9 mg Sodium Roast Pork with 73 CranOrange Sauce 18 Sweet Potatoes 31 Cauliflower 14 Multigrain Bread 164 Fruit Crunch Bar 80 Dt: Lorna Doons 100 Total Sodium (mg): 504 Calories: 813	10 mg Sodium Baked Haddock with 296 Lemon Dill Sauce 66 O'Brien Potatoes 34 Calif Veg Blend 22 Pumpnickel Bread 155 Lemon Pudding 200 Dt: SF Lemon Pudding 173 Total Sodium (mg): 899 Calories: 684	11 mg Sodium Shepherd's Pie 136 with Beef Gravy 140 Tossed Salad 5 Wheat Dinner Roll 105 Diced Pears 5 Total Sodium (mg): 516 Calories: 506	12 mg Sodium Glazed Chicken Drumstick 450 Baked Beans 152 Brussels Sprouts 12 Multigrain Bread 164 Fig Bar 65 Diet: Grahams 95 Total Sodium (mg): 967 Calories: 658	13 mg Sodium <u>COLD PLATE</u> Bok Choy Soup 99 Asian Chicken Salad 277 Pasta & Cucumber Salad 69 Dinner Roll 132 Pineapple Whip 87 Total Sodium (mg): 789 Calories: 649
16 mg Sodium Baked Meatloaf 216 with Onion Gravy 26 Sour Cream & Chive Mashed Potatoes 92 Peas & Carrots 72 Wheat Bread 170 Fresh Apple 1 Total Sodium (mg): 702 Calories: 767	17 mg Sodium Shaved Steak Fajita 217 Red & Green Peppers 27 Red Bliss Potatoes 5 Tortilla 220 Mixed Fruit 10 Total Sodium (mg): 604 Calories: 522	18 mg Sodium Grilled Chicken with 320 Pesto Cream Sauce 70 TriColor Rotini 1 Genoa Veg Blend 45 Multigrain Bread 164 Oatmeal Cookie 97 Diet: Raisins Total Sodium (mg): 821 Calories: 726	19 High Sodium Meal <u>COLD PLATE</u> Three C Soup 299 Turkey Cran Salad 468 Tangy 4 Bean Salad 225 Wheat Dinner Roll 105 Fresh Fruit 1 Total Sodium (mg): 1224* Calories: 650	20 mg Sodium BBQ Pulled Pork 389 Mashed Potatoes 66 Tossed Salad 5 Hamburger Roll 230 Peaches 5 Total Sodium (mg): 820 Calories: 592
23 mg Sodium Meatballs with 210 Tomato Basil Sauce 142 With Spaghetti 1 Italian Veg Blend 41 Italian Bread 230 Fruited Yogurt 75 Total Sodium (mg): 824 Calories: 669	24 mg Sodium Vegetable Soup 115 Grilled Chicken Teriyaki 383 Veg Fried Rice 98 Multigrain Bread 164 Fortune Cookie 6 Pineapple 1 Total Sodium (mg): 872 Calories: 678	25 mg Sodium Potato Pollock with 273 Tartar Sauce 100 Butternut Squash 0 Tossed Salad 5 Wheat Bread 170 Applesauce 0 Total Sodium (mg): 673 Calories: 583	26 mg Sodium Chicken & Rice Casserole 429 Spinach 65 Marble Rye Bread 127 Snack n Loaf 115 Diet: Lorna Doons 100 Total Sodium (mg): 861 Calories: 628	27 mg Sodium Beef Stew 200 Brussels Sprouts 12 Dinner Roll 132 Blueberry Buckle 360 Dt: Small Blueberry Buckle 180 Total Sodium (mg): 829 Calories: 842
30 mg Sodium Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Wheat Bread 170 Fresh Fruit 1 Total Sodium (mg): 933 Calories: 708	ALL MEALS INCLUDE: 1 % MILK 110 CALORIES 125 mg SOIDUM		<u>ALTERNATIVE MEALS</u> SEP 05 - Egg Salad, Potato Salad, Tropical Fruit. SEP 12 - Chicken Caesar Salad, Potato Salad, Mixed Fruit.	<u>ALTERNATIVE MEALS CONTINUED:</u> SEP 19 - Tuna Salad, Israeli Cous Cous Salad, Coleslaw. SEP 26 - Mixed Greens with Salmon, Tangy 4 Bean Salad, Roasted Vegetables.

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.

