

LIFEPATH - MARCH 2020

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 mg Sodium	3 mg Sodium	4 mg Sodium	5 mg Sodium	6 mg Sodium
Kielbasa & Cabbage Casserole 364 Red Bliss Potatoes 5 Carrots 64 Rye Bread 150 Sliced Peaches 5	Philly Steak wiith 408 Provolone Cheese 248 Peppers & Onions 27 Homefries 5 Mini Sub Roll 218 Pineapple Chunks 1	Grilled Chicken Marsala 395 Cavatappi Pasta 1 Italian Blend Veg 41 Multigrain Bread 164 Diced Pears 5	Turkey Corn Stew 464 Carrots 43 Whole Wheat Bread 170 Fresh Orange 0	Week 1 Waffles (2) 446 Sausage 206 Hash Browns 249 Snack n Loaf 115 Juice 10 1% Milk 125
Total Sodium (mg): 713 Calories: 614	Total Sodium (mg): 1032 Calories: 686	Total Sodium (mg): 730 Calories: 556	Total Sodium (mg): 802 Calories: 489	Total Sodium (mg): 1151
9 105 mg Sodium	10 mg Sodium	11 mg Sodium	12 mg Sodium	13 mg Sodium
Autumn Harvest Soup 162 Roast Pork with Herb Gravy 73 Bread Stuffing 316 Wheat Dinner Roll 105 Pineapple Coconut Cake 338 Diet: Small Cake 169	Grilled Chicken with Red Pepper Pesto 342 Israeli Cous Cous 24 Spinach 65 Multigrain Bread 164 Mixed Fruit 10	Three C Soup 299 Potato Pollock 273 Tartar Sauce 100 Red Bliss Potatoes 5 Whole Wheat Bread 170 Sliced Peaches 5	Beef Stew 200 Tossed Salad 5 Dinner Roll 132 Vanilla Yogurt 50	Special brunch Home fries Ham Eggs Fresh Fruit all home made!!
Total Sodium (mg): 1145 Calories: 810	Total Sodium (mg): 730 Calories: 549	Total Sodium (mg): 977 Calories: 677	Total Sodium (mg): 513 Calories: 687	
16 mg Sodium	17 mg Sodium	18 High Sodium Meal	19 mg Sodium	20 mg Sodium
Sweet & Sour Chicken 445 Vegetable Fried Rice 98 Asian Veg Blend 21 Multigrain Bread 164 Choc Chip Cookie Bar 154 Diet: Small Bar 77	Beef & Lentil Chili 260 Brown Rice 5 Tossed Salad 5 HDM: Calif Veg Blend 22 Dinner Roll 132 Diced Pears 5	Corned Beef Hash 874* Braised Cabbage 25 Glazed Carrots 81 Pumpnickel Bread 155 Apple Streusel Cake 191 Diet: Small Cake 96	Mulligatawny Soup 153 Roast Pork with Onion Gravy 73 Mashed Potatoes 66 Multigrain Bread 164 Fresh Fruit 1	Week 3 Pancakes (3) 470 Sausage 206 Potato wedges 273 Snack n Loaf 115 Juice 10 1% Milk 125
Total Sodium (mg): 1006 Calories: 982	Total Sodium (mg): 532 Calories: 631	Total Sodium (mg): 1451* Calories: 748	Total Sodium (mg): 609 Calories: 656	Total Sodium (mg): 1045
23 mg Sodium	24 mg Sodium	25 High Sodium Meal	26 mg Sodium	27 mg Sodium
Homestyle Breaded Chicken Drummer 450 Au Gratin potatoes 132 Green Beans 3 Whole Wheat Bread 170 Mandarin Oranges 7	Chicken & Rice Bake 429 Brussels Sprouts 12 Multigrain Bread 164 Sliced Peaches 5	Corn Chowder 172 Hot Dog 490 Baked Beans 152 Hot Dog Bun 270 Pineapple Chunks 1	Grilled Chicken 320 with Supreme Sauce 56 Sweet Potatoes 33 Spinach 65 Whole Wheat Bread 170 WG Choc Chip Muffin 190 Diet: Lorna Doones 100	Week 4 French Toast 600 2oz Ham Steak 500 Tater Tots 29 Snack n Loaf 115 Juice 10 1% Milk 125
Total Sodium (mg): 886 Calories: 682	Total Sodium (mg): 734 Calories: 538	Total Sodium (mg): 1210* Calories: 752	Total Sodium (mg): 959 Calories: 650	Total Sodium (mg): 1379
30 mg Sodium	31 mg Sodium	ALL MEALS INCLUDE:		ALTERNATIVE MENUS CONTINUED:
Veg Barley Soup 257 Roast Turkey with Gravy 59 Mashed Potatoes 66 Wheat Dinner Roll 105 Carnival Cookie 85 Diet: Grahams 95	Navy Bean Soup 222 Swedish Meatballs 220 White Rice 90 Whole Wheat Bread 170 Applesauce 14	1% MILK 110 CALORIES 125 mg SODIUM		MAR 05 - Tuna Salad, Israeli CousCous, Cole Slaw. MAR 12 - Chicken Breast with Pepper Pesto, Italian Pasta Salad, Chick Pea & Cilantro Salad.
Total Sodium (mg): 1027 Calories: 656	Total Sodium (mg): 841 Calories: 689			MAR 19 - Sliced Turkey Breast, Quinoa with Roasted Vegetables, Sesame Cucumber Salad. MAR 26 - Mixed Greens with Salmon, Tangy 4 Bean Salad, Peaches.

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.