

# LIFEPATH - SEPTEMBER 2020

**BERNARDSTON GRAB N GO MEAL** - Suggested Voluntary Confidential Donation is \$3.00 per meal

PLEASE CALL BEFORE 9:00AM ONE SERVING DAY AHEAD, TO ORDER OR CANCEL A MEAL .

CALL (413) 834-7200 YOU MAY ORDER MULTIPLE DAYS AT A TIME.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 mg Sodium</b> Beef & Lentil Chili 262 Corn 1 Carrots 64 Multigrain Bread 164 Assorted Fruit (cup) 5	<b>2 mg Sodium</b> Chicken Coq Au Vin 349 Brown Rice 5 Cauliflower & Broccoli 10 Wheat Bread 170 Snack n Loaf 115 Diet: Grahams 95	<b>3 mg Sodium</b> BBQ Sliced Pork 223 on a Bun 230 Seasoned Red Bliss Potatoes 5 Brussels Sprouts 12 Assorted Fruit (cup) 5	<b>4 mg Sodium</b> Chicken a la Vodka 518* with Penne 1 Italian Veg Blend 41 Wheat Dinner Roll 105 Fresh Fruit (Apple) 1
	Total Sodium (mg): 620 Calories: 577	Total Sodium (mg): 774 Calories: 649	Total Sodium (mg): 599 Calories: 628	Total Sodium (mg): 791 Calories: 616
<b>7</b> <b>LABOR DAY HOLIDAY</b> <b>NO MEALS SERVED</b>	<b>8 mg Sodium</b> Shepherd's Pie 136 Peas 66 Multigrain Bread 164 Lorna Doones 100	<b>9 mg Sodium</b> Baked Salmon 67 with Dill Sauce 63 Butternut Squash 0 Green Beans 3 Wheat Bread 170 Fresh Fruit (Orange) 1	<b>10 mg Sodium</b> Grilled Chicken with 320 Mediterranean Sauce 197 Cous Cous with Red Pepper 45 Spinach 65 Wheat Bread 170 Assorted Fruit (cup) 5	<b>11 High Sodium Meal</b> Turkey Burger with 500* Ketchup 82 Side Mac & Cheese 195 California Veg Blend 22 Hamburger Bun 230 Cookie 105 Diet: Grahams 95
	Total Sodium (mg): 590 Calories: 669	Total Sodium (mg): 429 Calories: 507	Total Sodium (mg): 927 Calories: 701	Total Sodium (mg): 1259* Calories: 830
<b>14 mg Sodium</b> Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 251 Multigrain Bread 164 Applesauce 5	<b>15 mg Sodium</b> Beef Bolognese 162 Cavatappi Pasta 1 Mixed Vegetables 88 Italian Bread 230 Assorted Fruit (cup) 5	<b>16 mg Sodium</b> Sweet & Sour Meatballs 256 Vegetable Fried Rice 98 Asian Veg Blend 21 Dinner Roll 132 Fortune Cookie 6 Yogurt 75	<b>17 mg Sodium</b> Beef Stew 200 Brussels Sprouts 12 Multigrain Bread 164 Lorna Doones 100	<b>18 mg Sodium</b> Grilled Chicken with 320 Red Pepper Pesto 33 Red Bliss Potatoes 5 Broccoli 10 Wheat Bread 170 Fresh Fruit (Pear) 1
Total Sodium (mg): 1031 Calories: 694	Total Sodium (mg): 611 Calories: 703	Total Sodium (mg): 714 Calories: 768	Total Sodium (mg): 600 Calories: 758	Total Sodium (mg): 664 Calories: 551
<b>21 mg Sodium</b> Roast Turkey 440 with Gravy 19 Garlic Whipped Potatoes 66 Peas & Carrots 72 Wheat Dinner Roll 105 Assorted Fruit (cup) 5	<b>22 mg Sodium</b> Baked Pollock Loin 94 Lemon Picatta Sauce 4 Orzo Pilaf w/Spinach 57 Italian Veg Blend 41 Pumpnickel Bread 127 Snack n Loaf 115 Diet: Grahams 95	<b>23 mg Sodium</b> Beef & Cabbage Casserole 477 Carrots 64 Multigrain Bread 164 Fresh Fruit (Apple) 1	<b>24 mg Sodium</b> Chicken Breast with 320 Supreme Sauce 43 Sweet Potatoes 36 Broccoli & Cauliflower 14 Wheat Bread 170 Assorted Fruit (cup) 5	<b>25 mg Sodium</b> Chicken & White Bean Chili 260 Brown Rice 5 Mixed Vegetables 88 Dinner Roll 132 Yogurt 75
Total Sodium (mg): 832 Calories: 572	Total Sodium (mg): 562 Calories: 587	Total Sodium (mg): 831 Calories: 737	Total Sodium (mg): 712 Calories: 571	Total Sodium (mg): 685 Calories: 644
<b>28 mg Sodium</b> Baked Meatloaf with 204 Mushroom Gravy 30 Scalloped Potatoes 125 Spinach 65 Multigrain Bread 164 Assorted Fruit (cup) 5	<b>29 mg Sodium</b> Beef Teriyaki 455 White Rice 4 Broccoli 10 Wheat Bread 170 Yogurt 75	<b>30 mg Sodium</b> Grilled Chicken Cacciatore 375 Chantilly Potatoes 238 Scandinavian Veg Blend 61 Multigrain Bread 164 Muffin 95 Diet: Grahams 95	<b>ALL MEALS INCLUDE:</b>  <b>1% MILK</b> <b>125 mg SODIUM</b> <b>110 CALORIES</b>	
Total Sodium (mg): 717 Calories: 728	Total Sodium (mg): 839 Calories: 694	Total Sodium (mg): 1056 Calories: 700		

**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.

Due to availability, menu subject to change without notice.