

LIFEPATH - OCTOBER 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
ALL MEALS INCLUDE 1% MILK 110 CALORIES 125 mg SODIUM			1 mg Sodium Swedish Meatballs 249 Egg Noodles 1 Green Beans 3 Dinner Roll 132 Fresh Fruit (Orange) 0	2 mg Sodium Roast Pork with 73 Rosemary Gravy 83 Red Bliss Potatoes 5 California Veg Blend 22 Multigrain Bread 164 Applesauce 10
			Total Sodium (mg): 513	Total Sodium (mg): 482
			Calories: 625	Calories: 561
5 mg Sodium Chicken Brunswick Stew 482 Brussels Sprouts 12 Marble Rye 127 Assorted Fruit (cup) 5	6 mg Sodium Grilled Chicken Picatta 324 Orzo Pilaf w/Spinach 57 Italian Veg Blend 41 Multigrain Bread 164 Snack n Loaf 115 Dt: Apple Grahams 85	7 mg Sodium Potato Pollock 273 Tartar Sauce 100 Butternut Squash 0 Green Beans 3 Wheat Bread 170 Fresh Fruit (Apple) 1	8 mg Sodium Kielbasa & Cabbage Casserole 304 Yukon Gold Potatoes 4 Peas & Carrots 72 Rye Bread 150 Yogurt 75	9 mg Sodium Beef Burgundy 159 Farfalle Pasta 1 Creamed Spinach 55 Wheat Dinner Roll 105 Assorted Fruit (cup) 5
Total Sodium (mg): 750 Calories: 520	Total Sodium (mg): 825 Calories: 625	Total Sodium (mg): 672 Calories: 634	Total Sodium (mg): 729 Calories: 612	Total Sodium (mg): 449 Calories: 577
COLUMBUS DAY HOLIDAY NO MEALS SERVED	13 mg Sodium Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 251 Multigrain Bread 164 Strawberry Cup 4 Diet: Fruit Cup 5	14 mg Sodium Breaded Chicken Drummer 450 Baked Beans 152 Mixed Vegetables 88 Multigrain Bread 164 Lorna Doones 100	15 mg Sodium Beef & Lentil Chili 262 Brown Rice 5 California Veg Blend 22 Cornbread 210 Assorted Fruit (cup) 5	16 mg Sodium Chicken Cordon Bleu 750* Thyme Roasted New Potatoes 4 Glazed Carrots 81 Wheat Dinner Roll 105 Fresh Orange 0
	Total Sodium (mg): 1030 Calories: 736	Total Sodium (mg): 1079 Calories: 761	Total Sodium (mg): 629 Calories: 628	Total Sodium (mg): 1065 Calories: 673
19 mg Sodium Salisbury Steak with Mushroom Gravy 201 Mashed Potatoes 30 Peas & Pearl Onions 66 Wheat Bread 42 Applesauce 170 Applesauce 10	20 mg Sodium Chicken Jambalaya with Brown Rice 310 Broccoli 5 Multigrain Bread 164 Yogurt 10 Yogurt 75	21 mg Sodium Lasagna Roll Up with Meat Sauce 290 Italian Veg Blend 41 Italian Bread 230 Strawberry Cup 4 Diet: Fruit Cup 5	22 mg Sodium Beef Stew 200 Mixed Vegetables 88 Wheat Dinner Roll 105 Fresh Fruit (Pear) 2	23 mg Sodium Roast Turkey with Herb Gravy 330 Bread Stuffing 19 Brussels Sprouts 316 Wheat Bread 12 Wheat Bread 170 Assorted Fruit (cup) 5
Total Sodium (mg): 643 Calories: 704	Total Sodium (mg): 689 Calories: 620	Total Sodium (mg): 740 Calories: 581	Total Sodium (mg): 520 Calories: 729	Total Sodium (mg): 976 Calories: 619
26 mg Sodium Potato Pollock 273 Tartar Sauce 100 Potato Wedges 273 Spinach 65 Multigrain Bread 164 Cookie 105 Diet: Grahams 95	27 mg Sodium Macaroni & Cheese 488 Stewed Tomatoes 251 Wheat Bread 170 Strawberry Cup 4 Diet: Fruit Cup 5	28 mg Sodium Sweet & Sour Meatballs 256 Veg Fried Rice 98 Asian Veg Blend 21 Multigrain Bread 164 Fortune Cookie 6 Assorted Fruit (cup) 5	29 mg Sodium Sloppy Joe 148 Corn 1 Broccoli 10 Hamburger Bun 230 Yogurt 75	30 mg Sodium Grilled Chicken Francaise 339 Sour Cream & Chive Whipped Potatoes 92 Green Beans 3 Wheat Bread 170 Muffin 95 Diet: Lorna Doones 100
Total Sodium (mg): 1105 Calories: 801	Total Sodium (mg): 1038 Calories: 793	Total Sodium (mg): 675 Calories: 756	Total Sodium (mg): 590 Calories: 612	Total Sodium (mg): 824 Calories: 722

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.