

LIFEPATH - NOVEMBER 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
2 mg Sodium Roast Pork with Apple Gravy 73 Sweet Potatoes 36 Cauliflower Au Gratin 145 Rye Bread 150 Fresh Fruit 1	3 mg Sodium Baked Cod with Lemon Picatta Sauce 125 Orzo Pilaf w/Spinach 57 Carrots 64 Multigrain Bread 164 Applesauce 0	4 mg Sodium Cheese Omelet with Cheese Sauce 210 Sausage Patty 105 O'Brien Potatoes 217 Spinach 34 Marbled Rye 65 Strawberry Cup 127 Diet: Fruit Cup 0 5	5 mg Sodium Chicked Breast with Tomato Vodka Sauce 320 Bowtie Pasta 139 Italian Veg Blend 1 Italian Bread 41 Fresh Pear 230 1	6 mg Sodium BBQ Meatballs 360 Side Mac & Cheese 195 California Veg Blend 22 Wheat Bread 170 Lorna Doones 1000
Total Sodium (mg): 555 Calories: 643	Total Sodium (mg): 538 Calories: 484	Total Sodium (mg): 883 Calories: 671	Total Sodium (mg): 857 Calories: 627	Total Sodium (mg): 972 Calories: 766
9 mg Sodium Meatloaf with Mushroom Gravy 204 Mashed Potatoes 83 Green Bean 66 Casserole 262 Multigrain Bread 164 Yogurt 75	10 mg Sodium American Chop Suey 288 Brussels Sprouts 12 Italian Bread 230 Snack n Loaf 120 Diet: Grahams 85	11 mg Sodium VETERAN'S DAY HOLIDAY NO MEALS SERVED 	12 mg Sodium Grilled Chicken with Supreme Sauce 320 Boiled Red Potatoes 43 Mixed Vegetables 4 Multigrain Bread 88 Fresh Orange 164 1	13 mg Sodium Chicken Rice Bake 429 Spinach 65 Wheat Bread 170 Assorted Fruit (cup) 5
Total Sodium (mg): 978 Calories: 822	Total Sodium (mg): 774 Calories: 732		Total Sodium (mg): 744 Calories: 588	Total Sodium (mg): 799 Calories: 550
16 mg Sodium Baked Salmon with Newburg Sauce 67 Yukon Gold Potatoes 44 Carrots 7 Multigrain Bread 64 Applesauce 164 0	17 mg Sodium Chicken Parmesan 860* Cavatappi Pasta 1 California Veg Blend 22 Multigrain Bread 164 Assorted Fruit (cup) 5	18 mg Sodium Potato Pollock 273 Tartar Sauce 100 Wild Rice Pilaf 140 Peas & Pearl Onions 42 Wheat Bread 170 Strawberry Cup 0 Diet: Fruit Cup 5	19 mg Sodium Beef Stew 200 Brussels Sprouts 12 Wheat Bread 170 Mufifn 95 Diet: Grahams 85	20 mg Sodium Mini Ravioli with Meat Sauce 202 Italian Veg Blend 41 Italian Bread 230 Fresh Apple 1
Total Sodium (mg): 470 Calories: 560	Total Sodium (mg): 1182 Calories: 770	Total Sodium (mg): 850 Calories: 715	Total Sodium (mg): 602 Calories: 786	Total Sodium (mg): 650 Calories: 466
23 High Sodium Meal Roast Turkey with Gravy 440 Mashed Potatoes 19 Bread Stuffing 66 Green Beans with Cranberries 158 Dinner Roll 3 Pumpkin Pie 132 Diet: Cookie 430 105	24 mg Sodium Grilled Chicken Marsala 346 Egg Noodles 1 Broccoli 10 Multigrain Bread 164 Applesauce 0	25 mg Sodium Beef & Cabbage Casserole 477 Herbed Carrots 64 Marble Rye 127 Assorted Fruit (cup) 5	26 mg Sodium THANKSGIVING DAY HOLIDAY NO MEALS SERVED 	27 mg Sodium Broccoli Bake 482 Homefries 5 Stewed Tomatoes 251 Multigrain Bread 164 Yogurt 75
Total Sodium (mg): 1373* Calories: 958	Total Sodium (mg): 649 Calories: 517	Total Sodium (mg): 798 Calories: 723		Total Sodium (mg): 1101 Calories: 704
30 ADMINISTRATION DAY NO MEALS SERVED		ALL MEALS INCLUDE: 1% MILK 110 CALORIES 125 mg SODIUM		

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.