

LIFEPATH - MAY 2021

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 . Please wear mask when pickup up meal.

CALL (413) 648-5413

YOU MAY ORDER MULTIPLE DAYS AT A TIME.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 mg Sodium Meatballs with Tomato Basil Sauce 268 Potato Wedges 273 Italian Veg Blend 41 Roll 218 Fresh Pear 1	4 mg Sodium Veal Roulade with 370 Picatta Sauce 4 Whipped Potatoes 66 Green Beans 3 Rye Bread 150 Yogurt 75	5 mg Sodium <u>COLD PLATE</u> Tuna Salad 328 Macaroni Salad 118 Coleslaw 101 Wheat Dinner Roll 105 Assorted Fruit (cup) 5	6 mg Sodium Sesame Chicken 233 Vegetable Fried Rice 98 Asian Veg Blend 21 Multigrain Bread 164 Fortune Cookie 6 Pineapple Cup 5	7 mg Sodium Beef Stew 200 Mixed Vegetables 88 Italian Bread 230 Lorna Doones 147
Total Sodium (mg): 927 Calories: 664	Total Sodium (mg): 792 Calories: 757	Total Sodium (mg): 782 Calories: 604	Total Sodium (mg): 652 Calories: 638	Total Sodium (mg): 790 Calories: 801
10 mg Sodium Broccoli Bake 475 Home Fries 5 Stewed Tomatoes 251 Wheat Roll 105 Fresh Fruit 1	11 mg Sodium Beef & Lentil Chili 262 Brown Rice 4 Spinach 65 Wheat Bread 170 Assorted Fruit (cup) 5	12 mg Sodium Chicken Breast with Honey Mustard Sauce 354 O'Brien Potatoes 34 Mixed Vegetables 88 Multigrain Bread 164 Fresh Fruit 1	13 mg Sodium Baked Salmon with Dill Sauce 130 Thyme Roasted Potatoes 5 Green Bean Casserole 262 Marble Rye 127 Banana Cake 260 Diet: Grahams 85	14 mg Sodium Chicken Fajita with 275 Red & Green Peppers 27 Corn 1 Flour Tortilla 220 Vanilla Yogurt 75
Total Sodium (mg): 963 Calories: 652	Total Sodium (mg): 631 Calories: 636	Total Sodium (mg): 766 Calories: 627	Total Sodium (mg): 909 Calories: 772	Total Sodium (mg): 723 Calories: 545
17 mg Sodium Baked Meatloaf with Gravy 234 Sour Cream & Chive Mashed Potatoes 89 Peas & Carrots 72 Wheat Bread 170 Assorted Fruit (cup) 5	18 mg Sodium Swedish Meatballs 236 Egg Noodles 4 California Veg Blend 22 Multigrain Bread 164 Applesauce 0	19 mg Sodium Macaroni & Cheese 498 Spinach 65 Wheat Dinner Roll 105 Cookie (all) 105	20 mg Sodium Breaded Chicken Drummer 450 Baked Beans 152 Scandinavian Veg Blend 61 Wheat Bread 170 Fresh Clementine 1	21 mg Sodium Roast Turkey with Herb Gravy 349 Mashed Potatoes 66 Green Beans 3 Multigrain Bread 164 Assorted Fruit (cup) 5
Total Sodium (mg): 694 Calories: 763	Total Sodium (mg): 551 Calories: 580	Total Sodium (mg): 898 Calories: 780	Total Sodium (mg): 959 Calories: 615	Total Sodium (mg): 711 Calories: 565
24 mg Sodium Potato Pollock 273 Tartar Sauce 100 Wild Rice Pilaf 140 Capri Veg Blend 15 Dinner Roll 132 Yogurt 75	25 mg Sodium BBQ Beef Patty 207 Potato Wedges 273 Broccoli 10 Hamburger Roll 230 Assorted Fruit (cup) 5	26 mg Sodium Grilled Chicken Florentine 347 Brown Rice 4 Mixed Vegetables 88 Wheat Bread 170 Fresh Fruit 1	27 mg Sodium <u>COLD PLATE</u> Egg Salad 243 Creamy Potato Salad 95 Beet & Onion Salad 217 Pumpnickel Bread 134 Muffin 95 Diet: Grahams 85	28 mg Sodium Roast Pork with CranOrange Sauce 93 Sweet Potatoes 36 Brussels Sprouts 12 Multigrain Bread 164 Assorted Fruit (cup) 5
Total Sodium (mg): 860 Calories: 690	Total Sodium (mg): 850 Calories: 721	Total Sodium (mg): 735 Calories: 642	Total Sodium (mg): 909 Calories: 711	Total Sodium (mg): 434 Calories: 629
31 MEMORIAL DAY HOLIDAY NO MEALS SERVED 	32		ALL MEALS INCLUDE: 1% MILK 125 mg SODIUM 110 CALORIES	

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.