

LIFEPATH - SEPTEMBER 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	
ALL MEALS INCLUDE: 1% MILK 125 mg SODIUM 110 CALORIES		1 mg Sodium Grilled Chicken with Tarragon Gravy 348 Chantilly Potatoes 238 Capri Veg Blend 15 Multigrain Bread 164 Dessert 300 Diet: Cookie 105 Total Sodium (mg): 1190 Calories: 798	2 mg Sodium Turkey Corn Stew 464 Green Beans 3 Wheat Dinner Roll 105 Fruit Cup (Peaches) 10 Total Sodium (mg): 706 Calories: 456	3 mg Sodium Roast Pork with Apple Gravy 97 Cinnamon Sweet Potatoes 36 Mixed Vegetables 88 Rye Bread 150 Applesauce 10 Total Sodium (mg): 506 Calories: 654	
	6 LABOR DAY HOLIDAY NO MEALS SERVED	7 mg Sodium Meatballs with Tomato Basil Sauce 268 Cavatappi Pasta 1 California Veg Blend 22 Italian Bread 230 Lorna Doones 147 Total Sodium (mg): 793 Calories: 667	8 mg Sodium Chicken Leg Quarter with BBQ Sauce 236 Side Mac & Cheese 249 Broccoli & Cauliflower 10 Wheat Dinner Roll 105 Dessert 300 Diet: Grahams 85 Total Sodium (mg): 1025 Calories: 1010	9 mg Sodium COLD PLATE Chicken Salad over Lettuce 389 Potato Salad 95 Green Bean Salad 118 Multigrain Bread 164 Fresh Fruit (Pear) 1 Total Sodium (mg): 892 Calories: 564	10 mg Sodium Beef Stew 200 Brussels Sprouts 12 Cornbread 90 Assorted Fruit (cup) 5 Total Sodium (mg): 432 Calories: 786
	13 mg Sodium Broccoli Bake 475 Home Fries 5 Stewed Tomatoes 251 Wheat Bread 170 Fruited Yogurt 75 Total Sodium (mg): 1101 Calories: 705	14 mg Sodium American Chop Suey 288 Italian Veg Blend 41 Wheat Dinner Roll 105 Fresh Fruit (apple) 2 Total Sodium (mg): 561 Calories: 647	15 mg Sodium Chicken Marsala 346 Egg Noodles 1 Spinach 65 Multigrain Bread 164 Assorted Fruit (cup) 5 Total Sodium (mg): 709 Calories: 561	16 mg Sodium Sliced BBQ Pork 223 Red Bliss Potatoes 5 California Veg Blend 22 Wheat Bread 170 Dessert 300 Diet: Applesauce 10 Total Sodium (mg): 845 Calories: 813	17 mg Sodium Chicken Jambalaya 249 Brown Rice 4 Mixed Vegetables 88 Dinner Roll 132 Mandarin Orange Cup 5 Total Sodium (mg): 604 Calories: 654
20 mg Sodium Baked Meatloaf with Mushroom Gravy 287 Garlic Mashed Potatoes 66 Herbed Carrots 64 Wheat Bread 170 Assorted Fruit (cup) 5 Total Sodium (mg): 716 Calories: 738	21 mg Sodium Diced Chicken Fajita 275 Red & Green Peppers Corn 1 Flour Tortilla 220 Snack n Loaf 115 Diet: Maple Grahams 115 Total Sodium (mg): 763 Calories: 615	22 mg Sodium Beef & Lentil Chili 262 Brown Rice 4 Broccoli 10 Wheat Bread 170 Fruit Cup (Pears) 5 Total Sodium (mg): 576 Calories: 627	23 mg Sodium Grilled Chicken with Pesto Cream Sauce 364 Multicolor Rotini 1 Spinach 65 Multigrain Bread 164 Assorted Fruit (cup) 5 Total Sodium (mg): 723 Calories: 570	24 mg Sodium COLD PLATE Salmon over Greens 84 Cous Cous Salad 42 Cauliflower & Red Pepper Salad 116 Marble Rye 127 Fresh Clementine 1 Total Sodium (mg): 494 Calories: 664	
27 mg Sodium Roast Turkey with CranOrange Sauce 350 Sour Cream & Chive Mashed Potatoes 89 Peas & Onions 42 Wheat Dinner Roll 105 Cookie (all) 105 Total Sodium (mg): 817 Calories: 687	28 mg Sodium Lasagna Roll Up with Cheese Sauce 501* Italian Green Beans 3 Dinner Roll 132 Applesauce 10 Total Sodium (mg): 771 Calories: 620	29 mg Sodium Diced Chicken Teriyaki 499 Veg Fried Rice 98 Asian Veg Blend 21 Multigrain Bread 164 Fortune Cookie 6 Mandarin Oranges 7 Total Sodium (mg): 920 Calories: 664	30 mg Sodium Beef Burgundy 159 Egg Noodles 1 Mixed Vegetables 88 Italian Bread 230 Assorted Fruit (cup) 5 Total Sodium (mg): 611 Calories: 728		

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.