

LIFEPATH - JANUARY 2021

GRAB n GO MEAL - Suggested Voluntary Confidential Donation is \$3.00 per meal

PLEASE CALL (413) 834-7200 BEFORE 9:00AM ONE SERVING DAY AHEAD, TO ORDER OR CANCEL A MEAL .

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ALL MEALS INCLUDE: 1% MILK 110 CALORIES 125mg SODIUM | | | | 1 NEW YEAR'S DAY HOLIDAY NO MEALS SERVED  |
| 4 mg Sodium FROZEN #29072 Turkey Medallions with CranRaspberry Sauce Red Bean Medley Zucchini, Corn, & Broccoli Wheat Bread Yogurt | 5 mg Sodium Mini Ravioli with Meat Sauce Italian Veg Blend Italian Bread Assorted Fruit (cup) | 6 mg Sodium Broccoli Stuffed Chicken Breast Garlic Mashed Potatoes Carrots Wheat Dinner Roll Cookie Diet: Grahams | 7 mg Sodium Sweet & Sour Pork Vegetable Fried Rice Green Beans Rye Bread Applesauce | 8 mg Sodium Chicken & Rice Bake Spinach Wheat Bread Assorted Fruit (cup) |
| Total Sodium (mg): 873 Calories: 596 | Total Sodium (mg): 653 Calories: 469 | Total Sodium (mg): 875 Calories: 721 | Total Sodium (mg): 495 Calories: 648 | Total Sodium (mg): 794 Calories: 570 |
| 11 mg Sodium Beef Chili Mashed Potatoes Broccoli & Cauliflower Corn Bread Fresh Fruit | 12 mg Sodium Chicken Fajita Green & Red Peppers Corn Flour Tortilla Fruited Yogurt | 13 mg Sodium Pork Rib B Que Potato Wedges Mixed Vegetables Grinder Roll Assorted Fruit (cup) | 14 mg Sodium Grilled Chicken Breast with Supreme Sauce Sour Cream & Chive Mashed Potatoes Capri Veg Blend Wheat Bread Muffin Diet: Grahams | 15 mg Sodium Roast Turkey with Herb Gravy Mashed Squash Brussels Sprouts Multigrain Bread Fresh Fruit |
| Total Sodium (mg): 530 Calories: 730 | Total Sodium (mg): 723 Calories: 545 | Total Sodium (mg): 989 Calories: 638 | Total Sodium (mg): 860 Calories: 729 | Total Sodium (mg): 650 Calories: 474 |
| 18 MARTIN LUTHER KING HOLIDAY NO MEALS SERVED | 19 mg Sodium FROZEN #29030 Oven Broil Beef Patty Mashed Potatoes Rutabaga with Red Pepper Dinner Roll Assorted Fruit (cup) | 20 mg Sodium Chicken & White Bean Chili Brown Rice Italian Veg Blend Dinner Roll Assorted Fruit (cup) | 21 mg Sodium Potato Pollock Tartar Sauce Side Mac & Cheese Green Peas Multigrain Bread Assorted Fruit (cup) | 22 mg Sodium Chicken Breast with Mediterranean Sauce Cous Cous with Red Peppers Carrots Wheat Bread Fresh Fruit (orange) |
| | Total Sodium (mg): 526 Calories: 655 | Total Sodium (mg): 568 Calories: 584 | Total Sodium (mg): 927 Calories: 798 | Total Sodium (mg): 921 Calories: 690 |
| 25 mg Sodium Roast Pork with Rosemary Gravy Sweet Potatoes California Veg Blend Multigrain Bread Vanilla Yogurt | 26 mg Sodium Pollock Loin with Florentine Sauce Peas & Carrots Orzo Pilaf w/Spinach Rye Bread Strawberry Cup Diet: Grahams | 27 mg Sodium Cheeseburger O'Brien Potatoes Broccoli Hamburger Bun Fruited Yogurt | 28 mg Sodium Grilled Chicken with Honey Ginger Glaze Veg Fried Rice Asian Veg Blend Wheat Bread Fortune Cookie Fruit cup | 29 mg Sodium Meatballs with Marinara Sauce Cavatappi Pasta Italian Veg Blend Multigrain Bread Snack n Loaf Diet: Grahams |
| Total Sodium (mg): 578 Calories: 597 | Total Sodium (mg): 528 Calories: 592 | Total Sodium (mg): 859 Calories: 755 | Total Sodium (mg): 833 731Calories: | Total Sodium (mg): 749 Calories: 761 |

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.