

# LIFEPATH - JULY 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
	<b>ALL MEALS INCLUDE:</b>  <b>1% MILK</b> <b>125 mg SODIUM</b> <b>110 CALORIES</b>		<b>1 mg Sodium</b> Grilled Chicken with 320 Red Pepper Salsa 33 Orzo Pilaf w/Spinach 57 Cauliflower Gratin 145 Multigrain Bread 164 Assorted Fruit (cup) 5 Total Sodium (mg): 848 Calories: 632	<b>2 mg Sodium</b> Roast Turkey with 330 Tarragon Gravy 19 Bread Stuffing 316 Brussels Sprouts 12 Wheat Dinner Roll 105 Flav Applesauce 10 Total Sodium (mg): 916 Calories: 570
<b>5</b> <b>FOURTH OF JULY HOLIDAY</b> <b>NO MEALS SERVED</b> 		<b>6 mg Sodium</b> Potato Pollock 273 Tartar Sauce 100 Corn 1 Broccoli 10 Wheat Bread 170 Assorted Fruit (cup) 5 Total Sodium (mg): 684 Calories: 650	<b>7 mg Sodium</b> BBQ Pork Ribs 240 Side Mac & Cheese 249 California Veg Blend 22 Dinner Roll 132 Pound Cake 110 Diet: Lorna Doones 147 Total Sodium (mg): 878 Calories: 932	<b>8 mg Sodium</b> Mini Ravioli Primavera 609* Spinach 65 Wheat Dinner Roll 105 Yogurt 75 Total Sodium (mg): 979 Calories: 569
<b>12 mg Sodium</b> Roast Pork with 73 Jardiniere Gravy 48 Garlic Mashed Potatoes 66 French Green Beans 3 Wheat Bread 170 Applesauce 10 Total Sodium (mg): 495 Calories: 638	<b>13 mg Sodium</b> Baked Cod with Newburg Sauce 169 Wild Rice Pilaf 140 Broccoli 10 Multigrain Bread 164 Assorted Fruit (cup) 5 Total Sodium (mg): 612 Calories: 519	<b>14 mg Sodium</b> Hot Dog 490 Baked Beans 152 Mixed Vegetables 88 Hot Dog Roll 270 Yogurt 50 Total Sodium (mg): 1175 Calories: 730	<b>15 mg Sodium</b> Grilled Chicken Cacciatore 356 Penne Pasta 1 Italian Veg Blend 41 Italian Bread 230 Fresh Peach 0 Total Sodium (mg): 753 Calories: 516	<b>16 mg Sodium</b> Chicken Rice Bake 429 Spinach 65 Wheat Bread 170 Cookie 105 Total Sodium (mg): 894 Calories: 658
<b>19 mg Sodium</b> Baked Meatloaf with Onion Gravy 234 Yukon Gold Potatoes 4 Capri Veg Blend 15 Wheat Dinner Roll 105 Assorted Fruit (cup) 5 Total Sodium (mg): 492 Calories: 611	<b>20 mg Sodium</b> Beef Bolognese 162 Cavatappi Pasta 1 Carrots 64 Italian Bread 230 Applesauce 10 Total Sodium (mg): 592 Calories: 646	<b>21 mg Sodium</b> Grilled Chicken with Apricot Glaze 344 Israeli Cous Cous 24 Parmesan Broccoli 66 Multigrain Bread 164 Brownie 100 Diet: Fruit Cup 5 Total Sodium (mg): 828 Calories: 736	<b>22 mg Sodium</b> Roast Turkey with Gravy 349 Sour Cream & Onion Mashed Potatoes 89 Green Bean Casserole 262 Dinner Roll 132 Lorna Doones 147 Total Sodium (mg): 1104 Calories: 745	<b>23 mg Sodium</b> Honey Mustard Roast Pork 107 Sweet Potatoes 36 Cauliflower 14 Multigrain Bread 164 Assorted Fruit (cup) 5 Total Sodium (mg): 450 Calories: 602
<b>26 mg Sodium</b> Sweet & Sour Meatballs 241 White Rice 4 Asian Veg Blend 21 Wheat Bread 170 Fresh Apple 1 Total Sodium (mg): 563 Calories: 617	<b>27 mg Sodium</b> Chicken Cordon Bleu 550* Whipped Potatoes with Gravy 94 Green Beans 3 Multigrain Bread 164 Yogurt 75 Total Sodium (mg): 1010 Calories: 708	<b>28 mg Sodium</b> Beef & Broccoli Stir Fry 108 White Rice 4 Wheat Bread 170 Applesauce 10 Total Sodium (mg): 411 Calories: 673	<b>29 mg Sodium</b> Kielbasa with Onion & Pepper 27 Medley Potato Wedges 273 Hot Dog Bun 270 Assorted Fruit (cup) 5 Total Sodium (mg): 1100 Calories: 697	<b>30 mg Sodium</b> Baked Pollock with Lemon Vinaigrette 10 Spinach & Orzo Piliat 57 Carrots 64 Wheat Dinner Roll 105 Clementine 1 Total Sodium (mg): 458 Calories: 594

**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.