


LIFEPATH - OCTOBER 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
	<p>ALL MEALS INCLUDE:</p> <p>1% MILK 125 mg SODIUM 110 CALORIES</p> 			<p>1 mg Sodium</p> <p>Grilled Chicken Picatta 324 Chantilly Potatoes 238 Glazed Carrots 81 Wheat Dinner Roll 105 Dessert 160 Diet: Grahams 85</p> <p>Total Sodium (mg): 1033 Calories: 800</p>
<p>4 mg Sodium</p> <p>Roast Pork with Herb Gravy 156 Brown Rice Pilaf 149 Brussels Sprouts 12 Pumpnickel Bread 155 Fresh Fruit (Apple) 2</p> <p>Total Sodium (mg): 599 Calories: 572</p>	<p>5 mg Sodium</p> <p>Baked Cod with Lemon Dill Sauce 188 Yukon Gold Potatoes 5 Creamed Spinach 55 Wheat Bread 170 Cookie (all) 105</p> <p>Total Sodium (mg): 648 Calories: 634</p>	<p>6 mg Sodium</p> <p>Beef & Broccoli Stir Fry 108 White Rice 4 Multigrain Bread 164 Fortune Cookie 6 Fresh Pear 1</p> <p>Total Sodium (mg): 408 Calories: 674</p>	<p>7 mg Sodium</p> <p>Chicken Francaise 592* Garlic Mashed Potatoes 66 French Green Beans 3 Wheat Dinner Roll 105 Fruit Cup (Peaches) 10</p> <p>Total Sodium (mg): 901 Calories: 633</p>	<p>8 mg Sodium</p> <p>Chicken Rice Casserole 429 California Veg Blend 22 Rye Bread 150 Fruited Yogurt 75</p> <p>Total Sodium (mg): 802 Calories: 553</p>
<p>11 COLUMBUS DAY HOLIDAY</p> <p>NO MEALS SERVED</p> <p>Senior Center Closed</p>	<p>12 mg Sodium</p> <p>Salisbury Steak with Onion Gravy 235 Au Gratin Potatoes 132 Glazed Carrots 81 Wheat Bread 170 Fruit Cup (Mixed) 5</p> <p>Total Sodium (mg): 747 Calories: 834</p>	<p>13 mg Sodium</p> <p>Chicken Drummer 450 Roasted Butternut 0 Squash w/Turmeric Mixed Vegetables 88 Wheat Dinner Roll 105 Fruit Cup (Pears) 5</p> <p>Total Sodium (mg): 773 Calories: 576</p>	<p>14 mg Sodium</p> <p>NO MEAL SERVED</p>	<p>15 mg Sodium</p> <p>BBQ Sliced Pork 223 Baked Beans 152 Scandinavian Veg Blend 61 Corn Bread 80 Flav Applesauce 10</p> <p>Total Sodium (mg): 651 Calories: 730</p>
<p>18 mg Sodium</p> <p>Sweet & Sour Meatballs 241 Veg Fried Rice 98 Asian Veg Blend 21 Multigrain Bread 164 Clementine 1</p> <p>Total Sodium (mg): 650 Calories: 672</p>	<p>19 mg Sodium</p> <p>Grilled Chicken Coq Au Vin 349 Sour Cr & Chive Mashed Potatoes 89 Capri Veg Blend 15 Wheat Bread 170 Fruit Cup (Pears) 5</p> <p>Total Sodium (mg): 753 Calories: 644</p>	<p>20 mg Sodium</p> <p>Potato Pollock 273 Tartar Sauce 100 Potato Wedges 273 Green Beans 3 Rye Bread 150 Fresh Apple 2</p> <p>Total Sodium (mg): 925 Calories: 711</p>	<p>21 mg Sodium</p> <p>Diced Chicken Cacciatore 108 Penne Pasta 1 Italian Veg Blend 41 Italian Bread 230 Fruited Yogurt 75</p> <p>Total Sodium (mg): 580 Calories: 480</p>	<p>22 mg Sodium</p> <p>Pot Roast with Jardiniere Gravy 122 Rosemary Roasted Potatoes 5 Broccoli Au Gratin 133 Wheat Dinner Roll 105 Dessert 350 Diet: Apple Grahams 85</p> <p>Total Sodium (mg): 851 Calories: 830</p>
<p>25 mg Sodium</p> <p>Macaroni & Cheese 498 Stewed Tomatoes 251 Multigrain Bread 164 Fruit Cup (Peaches) 10</p> <p>Total Sodium (mg): 1047 Calories: 718</p>	<p>26 mg Sodium</p> <p>Beef & Cabbage Casserole 477 Red Bliss Potatoes 5 Carrots 64 Rye Bread 150 Apple Cinn Muffin 190 Diet: Lorna Doones 147</p> <p>Total Sodium (mg): 1010 Calories: 892</p>	<p>27 mg Sodium</p> <p>Grilled Chicken with Mediterranean Sauce 518* Orzo Pilaf w/Spinach 57 Broccoli and Cauliflower 31 Multigrain Bread 164 Fruit Cup (Mixed) 5</p> <p>Total Sodium (mg): 899 Calories: 678</p>	<p>28 mg Sodium</p> <p>Roast Pork with Apple Cranberry Compote 222 Cinnamon Sweet Potatoes 36 Peas & Onions 42 Pumpnickel Brd 155 Fresh Orange 0</p> <p>Total Sodium (mg): 652 Calories: 630</p>	<p>29 mg Sodium</p> <p>Chicken Brunswick Stew 482 Brussels Sprouts 12 Wheat Dinner Roll 105 Dessert 160 Diet: Grahams 85</p> <p>Total Sodium (mg): 723 Calories: 422</p>

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.