

# LIFEPATH - DECEMBER 2021

**BERNARDSTON GRAB N GO MEAL** - Suggested Voluntary Confidential Donation is \$3.00 per meal

PLEASE CALL BEFORE 9:30AM ONE SERVING DAY AHEAD, TO ORDER OR CANCEL A MEAL . Please wear mask when pickup up meal.

CALL (413)-325-3582 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> Baked Pollock with Mediterranean Sauce 295 Orzo Pilaf w/Spinach 57 Carrots 64 Wheat Bread 170 Fresh Clementine 1	<b>2 mg Sodium</b> Chicken & Rice Bake 429 Spinach 65 Marbled Rye 127 Fruit Cup (Mixed) 5	<b>3 mg Sodium</b> Macaroni & Cheese 498 Stewed Tomatoes 251 Dinner Roll 132 Dessert 180 Diet: Lorna Doones 147
		Total Sodium (mg): 711 Calories: 645	Total Sodium (mg): 751 Calories: 548	Total Sodium (mg): 1186 Calories: 910
<b>6 mg Sodium</b> Baked Meatloaf with Gravy 234 Mashed Potatoes 66 French Green Beans 2 Dinner Roll 132 Flav Applesauce 10	<b>7 mg Sodium</b> Chicken Jambalaya 310 Brown Rice 4 Mixed Vegetables 88 Multigrain Bread 164 Dessert 330 Diet: Yogurt 75	<b>8 mg Sodium</b> Shepherd's Pie with Gravy 166 Brussels Sprouts 12 Wheat Bread 170 Fresh Apple 2	<b>9 mg Sodium</b> Chicken Cacciatore 356 Parslied Egg Noodles 4 Capri Veg Blend 15 Multigrain Bread 164 Fruit Cup (Peaches) 10	<b>10 mg Sodium</b> Roast Turkey with Gravy 349 Whipped Potatoes 66 Glazed Carrots 64 Wheat Dinner Roll 105 Flavored Yogurt 75
Total Sodium (mg): 569 Calories: 692	Total Sodium (mg): 1021 Calories: 906	Total Sodium (mg): 474 Calories: 581	Total Sodium (mg): 674 Calories: 539	Total Sodium (mg): 783 Calories: 537
<b>13 mg Sodium</b> Potato Pollock 273 Tartar Sauce 100 Winter Squash 48 Broccoli 10 Rye Bread 150 Fruit Cup (Pears) 5	<b>14 mg Sodium</b> Lasagna Roll with Tomato Basil Sauce & Mozzarella Cheese 537* Italian Veg Blend 41 Wheat Bread 170 Fruit Cup (Mixed) 5	<b>15 mg Sodium</b> Breaded Chicken Drummer 450 Cinnamon Sweet Potatoes 36 Calif Veg Blend 22 Multigrain Bread 164 Flav Applesauce 10	<b>16 mg Sodium</b> Sloppy Joe 148 Potato Wedges 273 Brussels Sprouts 12 Wheat Sandwich Bun 300 Yogurt 75	<b>17 mg Sodium</b> Chicken Brunswick Stew 482 Capri Veg Blend 15 Marbled Rye 127 Fresh Clementine 1
Total Sodium (mg): 711 Calories: 666	Total Sodium (mg): 878 Calories: 614	Total Sodium (mg): 806 Calories: 603	Total Sodium (mg): 933 Calories: 694	Total Sodium (mg): 750 Calories: 479
<b>20 mg Sodium</b> Roast Pork with Apple Gravy 97 Chantilly Potatoes 238 Green Beans 3 Wheat Dinner Roll 105 Dessert 260 Diet: Grahams 85	<b>21 mg Sodium</b> Hamburger with Onion Gravy 234 Whipped Potatoes 66 Scandinavian Veg Blend 61 Multigrain Bread 164 Lorna Doones 147	<b>22 mg Sodium</b>  Holiday Party	<b>23 High Sodium Meal</b>  BSC CLOSED	<b>24</b>  CHRISTMAS HOLIDAY  NO MEALS SERVED  
Total Sodium (mg): 828 Calories: 790	Total Sodium (mg): 795 Calories: 717	Total Sodium (mg): 547 Calories: 557	Total Sodium (mg): 1252* Calories: 824	
<b>27</b>  FROZEN MEAL  Corn Muffin Mixed Fruit (cup)	<b>28 mg Sodium</b> Chicken Picatta 324 Mashed Potatoes 66 California Veg Blend 22 Marbled Rye 127 Fruit Cup(Peaches) 10	<b>29 mg Sodium</b> Macaroni & Cheese 498 Broccoli 10 Dinner Roll 132 Fresh Apple 2	<b>30 mg Sodium</b> Roast Pork with Sweet & Sour Sauce 104 Vegetable Fried Rice 98 Asian Veg Blend 21 Wheat Dinner Roll 105 Fortune Cookie 6 Lorna Doones 147	<b>31</b>  NEW YEAR'S HOLIDAY  NO MEALS SERVED  
	Total Sodium (mg): 674 Calories: 528	Total Sodium (mg): 767 Calories: 728	Total Sodium (mg): 606 Calories: 745	

**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.