

LIFEPATH - MAY 2022

CONGREGATE MEAL - Suggested Voluntary Confidential Donation is \$3.00 per meal

PLEASE CALL YOUR SENIOR CENTER BEFORE 9:30AM ONE SERVING DAY AHEAD, TO ORDER OR CANCEL A MEAL .

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 mg Sodium	3 mg Sodium	4 mg Sodium	5 mg Sodium	6 mg Sodium
Macaroni & Cheese 498 Stewed Tomatoes 251 Wheat Bread 124 Lorna Doones 147	Shepherd's Pie 136 with Gravy 30 Green Beans 3 Wheat Bread 124 Yogurt 75	Chicken Drummer 450 Cinnamon Sweet Potatoes 36 Broccoli 10 Multigrain Bread 223 Assorted Fruit Cup 5	<u>COLD PLATE</u> Egg Salad 243 Creamy Potato Salad 95 Sesame Cucumber Salad 8 Wheat Sandwich Bun 300 Fresh Clementine 1	Roast Pork with Apple Gravy 97 Bread Stuffing 316 Brussels Sprouts 12 Rye Bread 150 Oatmeal Cream Cookie 150 Diet: Lorna Doones 147
Total Sodium (mg): 1145 Calories: 794	Total Sodium (mg): 492 Calories: 592	Total Sodium (mg): 849 Calories: 651	Total Sodium (mg): 772 Calories: 607	Total Sodium (mg): 850 Calories: 779
9 mg Sodium	10 mg Sodium	11 mg Sodium	12 mg Sodium	13 mg Sodium
Classic Beef Chili 237 Cheddar Topping 187 Brown Rice 4 Corn 1 Wheat Bread 124 Flav Applesauce 10	Sweet & Sour Meatballs 241 Vegetable Fried Rice 98 Asian Veg Blend 21 Multigrain Bread 223 Fortune Cookie 6 Pineapple Cup 5	Beef Bolognese 162 Cavatappi Pasta 1 Italian Veg Blend 41 Italian Bread 230 Yogurt 75	Broccoli & Cheese Stuffed Chicken 410 Herb Roasted Red Potatoes 5 Creamed Spinach 55 Wheat Dinner Roll 105 Fudge Cookie 85 Diet: Cookies 55	Roast Turkey with Rosemary Gravy 349 Whipped Potatoes 66 Peas & Carrots 72 Wheat Bread 124 Fresh Pear 2
Total Sodium (mg): 688 Calories: 795	Total Sodium (mg): 720 Calories: 789	Total Sodium (mg): 634 Calories: 682	Total Sodium (mg): 785 Calories: 745	Total Sodium (mg): 737 Calories: 602
16 mg Sodium	17 mg Sodium	18 mg Sodium	19 mg Sodium	20 mg Sodium
Potato Pollock 273 Tartar Sauce 100 Butternut Squash 0 Green Beans 3 Multigrain Bread 223 Assorted Fruit Cup 5	Ravioli Primavera 609* Capri Veg Blend 15 Italian Bread 230 Flav Applesauce 10	Chicken Fajitas with Peppers & Onions 314 Spanish Rice with Beans 154 Tortilla 220 Fresh Fruit 0	French Meat Pie 121 Brussels Sprouts 12 Multigrain Bread 223 Yogurt 75	Chicken Breast with Peach Salsa 363 Yukon Gold Potatoes 5 Mixed Vegetables 88 Wheat Dinner Roll 105 Oatmeal Raisin Cookie (all) 85
Total Sodium (mg): 729 Calories: 684	Total Sodium (mg): 989 Calories: 599	Total Sodium (mg): 813 Calories: 533	Total Sodium (mg): 556 Calories: 718	Total Sodium (mg): 770 Calories: 703
23 mg Sodium	24 mg Sodium	25 mg Sodium	26 mg Sodium	27 mg Sodium
BBQ Roast Pork 223 Baked Beans 152 California Veg Blend 22 Wheat Bread 124 Fresh Apple 2	Chicken with Pesto Cream 474 Rotini Pasta 1 Squash Blend 8 Wheat Bread 124 Lorna Doones 147	Breaded Cod 302 Tartar Sauce 100 Wild Rice Pilaf 140 Scand Veg Blend 61 Rye Bread 150 Pound Cake 240 Diet: Cookie 55	Chicken Francaise 592* Garlic Mashed Potatoes 66 French Green Beans 2 Wheat Dinner Roll 105 Fresh Pear 2	Baked Meatloaf with Gravy 234 Red Bliss Potatoes 5 Carrots 64 Multigrain Bread 223 Fresh Clementine 1
Total Sodium (mg): 648 Calories: 662	Total Sodium (mg): 878 Calories: 653	Total Sodium (mg): 1118 Calories: 812	Total Sodium (mg): 892 Calories: 667	Total Sodium (mg): 651 Calories: 670
30	31 mg Sodium			
MEMORIAL DAY HOLIDAY NO MEALS SERVED 	Cheeseburger 384 Potato Wedges 273 Mixed Vegetables 88 Hamburger Bun 230 Assorted Fruit Cup 5			
	Total Sodium (mg): 1106 Calories: 849			
			ALL MEALS INCLUDE: 8 OUNCES 2% MILK containing 125 mg SODIUM 130 CALORIES Above amounts included in totals for each meal.	

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.