


LIFEPATH - JUNE 2022

CONGREGATE MEALS - 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 .

PLEASE WEAR A MASK WHEN PICKING UP YOUR MEAL.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS INCLUDE: 8 OUNCES 2% MILK containing 125 mg SODIUM 130 CALORIES Sodium & Calories incl in totals for each meal.		1 mg Sodium Chicken Picatta 324 Orzo Pilaf w/Spinach 57 Vegetable Blend 15 Wheat Bread 124 Flav Applesauce 10	2 mg Sodium Lentil Bolognese 260 Cavatappi Pasta 1 Carrots 64 Wheat Bread 124 Oreo Cookies 85	3 mg Sodium Roast Pork 73 with Herb Gravy 26 Mashed Potatoes 66 Broccoli & Cauliflower 31 Multigrain Bread 223 Fresh Apple 2
		Total Sodium (mg): 655 Calories: 539	Total Sodium (mg): 658 Calories: 763	Total Sodium (mg): 547 Calories: 682
	6 mg Sodium Meatballs Cacciadore 246 Penne Pasta 1 Italian Veg Blend 41 Italian Bread 230 Assorted Fruit Cup 5	7 mg Sodium Pulled Chicken with BBQ Sauce 195 Creamed Corn 50 Broccoli 10 Dinner Roll 132 Yogurt 75	8 mg Sodium Breaded Cod 400 Tartar Sauce 100 Sweet Potatoes 36 Capri Veg Blend 15 Multigrain Bread 223 Fresh Plum 1	9 mg Sodium Chicken & Sausage Paella 326 Spinach 65 Wheat Dinner Roll 105 Applesauce Cup 10
Total Sodium (mg): 648 Calories: 638	Total Sodium (mg): 587 Calories: 618	Total Sodium (mg): 900 Calories: 672	Total Sodium (mg): 631 Calories: 807	Total Sodium (mg): 1192 Calories: 868
13 mg Sodium Roast Pork with CranApple Compote 295 Red Potatoes 4 Carrots 64 Wheat Bread 124 Clementine 1	14 mg Sodium Sloppy Joe 148 Potato Wedges 273 Mixed Vegetables 88 Hamburger Roll 230 Flav Applesauce 10	15 mg Sodium Chicken Breast with Apricot Glaze 344 Wild Rice Pilaf 140 Broccoli Au Gratin 133 Wheat Bread 124 Fresh Pear 2	16 mg Sodium Beef Tips with Bourbon Sauce 427 Side Mac & Cheese 249 Summer Squash Blend 8 Dinner Roll 132 Oatmeal Cream Cookie 150 Diet: Lorna Doones 147	17 mg Sodium Baked Meatloaf with Onion Gravy 238 Sour Cream & Chive Mashed Potatoes 89 California Veg Blend 22 Multigrain Bread 223 Fresh Peach 1
Total Sodium (mg): 612 Calories: 578	Total Sodium (mg): 875 Calories: 752	Total Sodium (mg): 868 Calories: 622	Total Sodium (mg): 1091 Calories: 1005	Total Sodium (mg): 699 Calories: 807
20 JUNETEENTH HOLIDAY NO MEALS SERVED 	21 mg Sodium Hot Dog 540* Baked Beans 152 Corn 1 Hot Dog Bun 270 Vanilla Yogurt 50	22 mg Sodium Meatballs Stroganoff 232 Egg Noodles 4 Italian Green Beans 3 Wheat Bread 124 Pound Cake 240 Diet: SF Cookie 55	23 mg Sodium Chicken Breast with Mediterranean Sauce 320 Orzo Pilaf w/Spinach 198 Green Peas 57 Wheat Bread 66 Multigrain Bread 223 Yogurt 75	24 High Sodium Meal Breaded Cod with American Cheese 584* Hamburger Bun 230 Tartar Sauce 100 Sweet Potato Tots 190 Scandinavian Blend 61 Fresh Apple 2
	Total Sodium (mg): 1138 Calories: 815	Total Sodium (mg): 728 Calories: 714	Total Sodium (mg): 1063 Calories: 786	Total Sodium (mg): 1357* Calories: 817
27 Broccoli & Cheese Stuffed Chicken 410 Bread Stuffing 316 Carrots 64 Wheat Dinner Roll 105 Applesauce 10	28 mg Sodium Spinach & Feta Bake 360 Home Fries 5 Stewed Tomatoes 251 Marbled Rye 127 Fudge Cookie 85 Diet: SF Cookie 55	29 mg Sodium Sweet & Sour Chicken 318 White Rice 4 Asian Veg Blend 21 Multigrain Bread 223 Fresh Clementine 1	30 mg Sodium Beef & Lentil Chili 262 Brown Rice 4 California Veg Blend 22 Wheat Bread 124 Fresh Plum 1	
Total Sodium (mg): 1029 Calories: 706	Total Sodium (mg): 1008 Calories: 773	Total Sodium (mg): 693 Calories: 569	Total Sodium (mg): 539 Calories: 631	

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.