

LIFEPATH - JULY 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 Drummer 450 Sweet Potatoes 36 Cauliflower 14 Multigrain Bread 223 Yogurt 75 <hr/> Total Sodium (mg): 923 Calories: 657
4 FOURTH OF JULY HOLIDAY NO MEALS SERVED 	5 mg Sodium Potato Pollock 273 Whipped Potatoes 66 Squash Medley 8 Wheat Dinner Roll 105 Assorted Fruit Cup 5 <hr/> Total Sodium (mg): 581 Calories: 643	6 mg Sodium Sausage & Mixed Peppers with Mozzarella Cheese 539* Grinder Roll 218 Red Potatoes 5 Oatmeal Cr Cookie 150 Diet: Cookie 85 <hr/> Total Sodium (mg): 1037 Calories: 687	7 mg Sodium Chicken Breast with Peach Sauce 473 Wild Rice Pilaf 140 Broccoli 10 Rye Bread 150 Fresh Pear 2 <hr/> Total Sodium (mg): 899 Calories: 667	8 mg Sodium Chicken Strips with Balsamic Glaze 373 Quinoa with Roasted Veggies 23 Glazed Carrots 81 Wheat Bread 124 Fresh Clementine 1 <hr/> Total Sodium (mg): 727 Calories: 640
11 mg Sodium Roast Pork with Herb Gravy 156 Scalloped Potatoes 125 Italian Veg Blend 41 Wheat Dinner Roll 105 Applesauce 0 <hr/> Total Sodium (mg): 553 Calories: 595	12 mg Sodium Barley Black Bean Chili 614* Brussels Sprouts 12 Wheat Dinner Roll 105 Fudge Cookie 85 Diet: Grahasm 85 <hr/> Total Sodium (mg): 941 Calories: 815	13 mg Sodium Chicken Marsala 456 Bread Stuffing 316 Broccoli 10 Pumpernickel Bread 134 Fresh Peach 0 <hr/> Total Sodium (mg): 1041 Calories: 619	14 mg Sodium French Meat Pie 121 Capri Veg Blend 15 Multigrain Bread 223 Assorted Fruit Cup 5 <hr/> Total Sodium (mg): 489 Calories: 700	15 mg Sodium Roast Turkey with Tarragon Gravy 410 Sweet Potatoes 36 Green Peas 66 Rye Bread 150 Fresh Plum 0 <hr/> Total Sodium (mg): 786 Calories: 509
18 mg Sodium Chicken Teriyaki 470 Veg Fried Rice 98 Asian Veg Blend 21 Multigrain Bread 223 Fortune Cookie 2 Assorted Fruit Cup 5 <hr/> Total Sodium (mg): 945 Calories: 739	19 mg Sodium Chicken Drummer 450 Sour Cream & Chive Mashed Potatoes 89 Carrots 64 Wheat Dinner Roll 105 Yogurt 75 <hr/> Total Sodium (mg): 908 Calories: 668	20 mg Sodium Potato Pollock 273 Tartar Sauce 100 Yukon Gold Potato 5 Green Beans 3 Multigrain Bread 223 Fresh Clementine 1 <hr/> Total Sodium (mg): 729 Calories: 722	21 mg Sodium Meatballs with Tomato Basil Sauce 268 Grinder Roll 218 Potato Wedges 273 Spinach 109 Assorted Fruit Cup 5 <hr/> Total Sodium (mg): 999 Calories: 695	22 mg Sodium Beef Stew 153 Brussels Sprouts 12 Corn Muffin 90 Fresh Pear 2 <hr/> Total Sodium (mg): 392 Calories: 729
25 High Sodium Meal Broccoli Bake 475 Home Fries 5 Stewed Tomatoes 251 Wheat Bread 124 Pound Cake 240 Diet: Cookie 55 <hr/> Total Sodium (mg): 1275* Calories: 860	26 mg Sodium Beef Taco 161 Spanish Rice and Beans 154 Corn 1 Tortilla 220 Assorted Fruit Cup 5 <hr/> Total Sodium (mg): 666 Calories: 737	27 mg Sodium Chicken Parmesan 820* Cavitappi Pasta 1 Brussels Sprouts 12 Wheat Dinner Roll 105 Oreo Cookies 85 <hr/> Total Sodium (mg): 1147 Calories: 742	28 mg Sodium BBQ Pulled Pork 234 Baked Beans 152 California Veg Blend 22 Wheat Bun 300 Fresh Plum 0 <hr/> Total Sodium (mg): 833 Calories: 758	29 mg Sodium Cheese Omelet with Cheese Sauce 421 Chicken Sausage 130 Spinach 65 Home Fries 5 Wheat Dinner Roll 105 Fresh Peach 0 <hr/> Total Sodium (mg): 851 Calories: 654

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.