

LIFEPATH - AUGUST 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
1 mg Sodium Baked Meatloaf with Gravy 234 Mashed Potatoes 66 Green Beans 3 Multigrain Bread 223 Lorna Doones 147 Total Sodium (mg): 797 Calories: 809	2 mg Sodium Meatballs with Hawaiian Sauce 247 Brown Rice 4 Asian Veg Blend 21 Multigrain Bread 223 Fortune Cookie 6 Assorted Fruit Cup 5 Total Sodium (mg): 631 Calories: 753	3 mg Sodium Sloppy Joe 148 Potato Wedges 273 Broccoli 10 Whole Wheat Bun 300 Fresh Peach 0 Total Sodium (mg): 857 Calories: 656	4 mg Sodium Chicken Drummer 450 Sweet Potatoes 36 Peas & Onions 42 Pumpernickel Bread 155 Yogurt 75 Total Sodium (mg): 813 Calories: 622	5 mg Sodium Beef & Lentil Chili 262 Brown Rice 4 Mixed Vegetables 88 Corn Muffin 80 Fresh Clementine 1 Total Sodium (mg): 560 Calories: 749
8 mg Sodium Potato Pollock 273 Tartar Sauce 100 Butternut Squash 48 Cauliflower 14 Rye Bread 156 Oreos (all) 85 Total Sodium (mg): 801 Calories: 709	9 mg Sodium Macaroni & Cheese 498 Stewed Tomatoes 251 Multigrain Bread 223 Applesauce 14 Total Sodium (mg): 1111 Calories: 745	10 mg Sodium Chili Cheeseburger 466 Sweet Potato Tots 190 California Veg Blend 22 Wheat Sandwich Bun 300 Fudge Cookie 85 Diet: SF Cookie 55 Total Sodium (mg): 1189 Calories: 934	11 mg Sodium Lasagna Roll with Meat Sauce 493 Italian Veg Blend 41 Wheat Dinner Roll 105 Fresh Pear 2 Total Sodium (mg): 765 Calories: 540	12 mg Sodium Chicken Breast with Honey Mustard Sauce 464 Brown Rice 4 Green Beans 3 Wheat Bread 124 Fresh Apple 2 Total Sodium (mg): 721 Calories: 628
15 mg Sodium Roast Pork with CranOrange Sauce 93 Smashed Red Potatoes 67 Carrots 64 Pumpernickel Bread 134 Pound Cake 240 Diet: Lorna Doones 147 Total Sodium (mg): 723 Calories: 732	16 mg Sodium Breaded Fish Filet with Cheese 587* Potato Wedges 273 Broccoli 10 Wheat Dinner Roll 105 Oatmeal Raisin Cookie (all) 85 Total Sodium (mg): 1186 Calories: 724	17 mg Sodium Shepherd's Pie with Gravy 166 Scandinavian Veg Blend 61 Pumpernickel Bread 155 Fresh Apple 2 Total Sodium (mg): 508 Calories: 582	18 mg Sodium Chicken & Sausage Paella 326 Spinach 65 Wheat Dinner Roll 105 Lorna Doones 147 Total Sodium (mg): 767 Calories: 864	19 mg Sodium Diced Chicken Teriyaki 255 Vegetable Fried Rice 98 Asian Veg Blend 21 Wheat Bread 124 Fortune Cookie 6 Fresh Peach 0 Total Sodium (mg): 629 Calories: 576
22 mg Sodium Roast Turkey with Herb Gravy 349 Bread Stuffing 316 Carrots 64 Wheat Bread 124 Assorted Fruit Cup 5 Total Sodium (mg): 982 Calories: 625	23 mg Sodium Beef Bolognese 162 Penne Pasta 1 Italian Veg Blend 41 Wheat Dinner Roll 105 Applesauce 10 Total Sodium (mg): 444 Calories: 642	24 mg Sodium Chicken Fajita 275 Red & Green Peppers 27 Corn 1 Flour Tortilla 190 Fresh Clementine 1 Total Sodium (mg): 619 Calories: 523	25 mg Sodium Ravioli Primavera 609* Capri Veg Blend 15 Italian Bread 230 Fresh Plum 0 Total Sodium (mg): 979 Calories: 549	26 mg Sodium Roast Pork with Onion Gravy 107 Whipped Potatoes 66 Green Beans 3 Wheat Bread 124 Oatmeal Cr Cookie 150 Diet: Lorna Doones 147 Total Sodium (mg): 575 Calories: 731
29 mg Sodium Turkey Corn Stew 464 Brussels Sprouts 12 Wheat Dinner Roll 105 Assorted Fruit Cup 5 Total Sodium (mg): 710 Calories: 484	30 mg Sodium Chicken Breast with Pesto Cream 474 Cavatappi Pasta 1 Squash Blend 8 Wheat Bread 124 Lemon Cookie (all) 55 Total Sodium (mg): 786 Calories: 600	31 mg Sodium Potato Pollock 273 Tartar Sauce 100 Rice Pilaf 141 Mixed Vegetables 88 Multigrain Bread 223 Fresh Apple 2 Total Sodium (mg): 951 Calories: 833	ALL MEALS INCLUDE: 8 OUNCES 2% MILK containing 125 mg SODIUM 130 CALORIES Sodium & Calories incl 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.