

LIFEPATH - SEPTEMBER 2017

CONGREGATE LUNCH MENU - Suggested Voluntary Confidential Donation is \$2.50 per meal

PLEASE CALL YOUR MEAL SITE BEFORE 11AM ONE SERVING DAY AHEAD TO ORDER OR CANCEL A MEAL. **Bernardston 413-648-5319**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS INCLUDE: 1% MILK 110 CALORIES 125 mg SODIUM	<u>ALTERNATIVE MENUS:</u> Sep 7 - Ham Salad, Pasta Salad, Pineapple. Sep 14 - Sliced Turkey, Macaroni Salad, Peaches.	<u>ALTERNATIVE MENUS CONTINUED:</u> Sep 21 - Chicken Breast w/Red Pepper Pesto, Potato Salad, Peaches. Sep 28 - Roast Beef, Chick Pea Cilantro Salad, Pears.		1 mg Sodium Chunky Tomato Soup 177 Broccoli Bake 482 Homefries 5 Wheat Bread 160 Mixed Fruit 10 Total Sodium (mg): 959 Calories: 677
4 LABOR DAY HOLIDAY NO MEALS SERVED	5 mg Sodium Beef Burger with Gravy 200 Baked Beans 85 Mexicali Corn 39 Wheat Bread 160 Fresh Fruit 1	6 mg Sodium Grilled Chicken 320 Pesto Cream 70 Tricolor Rotini 1 Genoa Veg Blend 45 Wheat Bread 160 Mixed Fruit 10	7 mg Sodium "Catch of the Day" Haddock Newburg 364 Brown Rice Pilaf 159 Ratatouille 107 Dinner Roll 132 Straw Apple Crisp 9 Diet: Apples Slices with Cinnamon 4	8 mg Sodium Egg Drop Soup 167 Asian Chicken Salad 277 Chick Pea Cilantro Salad 212 Wheat Dinner Roll 105 Fresh Peach 1
Total Sodium (mg): Calories:	Total Sodium (mg): 614 Calories: 707	Total Sodium (mg): 730 Calories: 578	Total Sodium (mg): 896 Calories: 595	Total Sodium (mg): 887 Calories: 577
11 mg Sodium Swedish Meatballs 200 Egg Noodles 4 Broccoli 10 Wheat Bread 160 Strawberry Yogurt 75	12 mg Sodium Veg Gumbo Soup 50 Steak and Cheese 241 Grinder Roll 218 Tater Tots 29 Cranberry Snack n Loaf 120 Diet: Gingerboy 60	13 mg Sodium Turkey Corn Stew 464 Green Beans 3 Wheat Dinner Roll 105 Pineapple Whip 87	14 mg Sodium Chicken Coq Au Vin 387 Garlic Mashed Potatoes 66 Herbed Carrots 64 Wheat Bread 160 Fresh Fruit 1	15 mg Sodium Roast Pork 73 Herb Gravy 83 Butternut Squash 0 Tossed Salad 5 Rye Bread 150 Mandarin Oranges 7
Total Sodium (mg): 574 Calories: 618	Total Sodium (mg): 783 Calories: 705	Total Sodium (mg): 783 Calories: 494	Total Sodium (mg): 803 Calories: 590	Total Sodium (mg): 443 Calories: 463
18 mg Sodium Meatloaf 216 Onion Gravy 26 Roasted Potatoes 5 Summer Veg Blend 24 Wheat Bread 160 Applesauce Fruit Cup 10	19 mg Sodium Grilled Chicken 320 Honey Ginger Glaze 73 Brown Rice Pilaf 159 Oriental Veg Blend 21 Wheat Bread 160 Pineapple 1	20 mg Sodium Potato Pollock Filet 273 Tartar Sauce 100 CousCous w/Red Pepper 45 Broccoli 10 Wheat Bread 160 Lemon Cake 215 Dt:Lemon grahams 95	21 High Sodium Meal Chicken Parmesan 766* Marinara Sauce 94 Ziti 1 Tossed Salad 5 Italian Bread 230 Blueberry Yogurt 75	22 mg Sodium Autumn Harvest Soup 233 Yankee Pot Roast 85 Jardiniere Gravy 68 Chantilly Potatoes 238 Dinner Roll 132 Sliced Peaches 5
Total Sodium (mg): 565 Calories: 664	Total Sodium (mg): 859 Calories: 608	Total Sodium (mg): 928 Calories: 748	Total Sodium (mg): 1296* Calories: 782	Total Sodium (mg): 886 Calories: 622
25 mg Sodium Cheesy Omelet 410 Cheese Sauce 170 Sausage Links 244 Homefries 5 Wheat Bread 160 Fresh Orange 0	26 mg Sodium BBQ Pork Rib B Que 492 Baked Beans 39 Cole Slaw 101 Hamburg Roll 230 Raisins 4	27 mg Sodium Chicken Breast 320 RedBell Pepper Sauce 99 Orzo Pilaf w/Spinach 57 California Veg Blend 22 Wheat Bread 160 Chocolate Pudding 135 Dt: Choc Pudding 156	28 mg Sodium Roast Pork 73 Cran Orange Sauce 18 Sweet Potatoes 35 Fresh Squash Blend 4 Wheat Dinner Roll 105 Fresh McIntosh Apple 1	29 mg Sodium White Bean Chicken Chili 314 Brown Rice 5 Riviera Veg Blend 140 Corn Bread 291 Mixed Fruit 10
Total Sodium (mg): 1114 Calories: 765	Total Sodium (mg): 991 Calories: 757	Total Sodium (mg): 918 Calories: 625	Total Sodium (mg): 361 Calories: 631	Total Sodium (mg): 885 Calories: 700

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.

Menu subject to change without notice.