

LIFEPATH - OCTOBER 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	
2 mg Sodium Breaded Fish 280 Tartar Sauce 97 Yukon Gold Potato 5 Green Peas 66 Whole Wheat Bread 150 Cherry Loaf 240 Dt: Apple Grahams 85 Total Sodium (mg): 963 Calories: 795	3 mg Sodium Chicken Piccata 417 CousCous 70 Roman Blend Veggies 12 Pumpernickel Bread 127 Fig Bar 100 Total Sodium (mg): 851 Calories: 695	4 mg Sodium Swedish Meatballs 260 Bowtie Pasta 8 Scandinavian Veggies 30 Whole Wheat Bread 150 Chocolate Pudding 135 Diet: Choc Pudding 156 Total Sodium (mg): 708 Calories: 769	5 mg Sodium Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 6 Marble Rye Bread 127 Fresh Fruit 1 Total Sodium (mg): 745 Calories: 692	6 mg Sodium Salisbury Steak 240 with Gravy 82 Garlic Mashed Potatoes 91 Honey Glazed Carrots 70 Italian Bread 170 Yogurt 50 Total Sodium (mg): 828 Calories: 682	
9 mg Sodium COLUMBUS DAY HOLIDAY NO MEALS SERVED	10 mg Sodium Roast Turkey with Gravy 450 Sweet Potatoes 77 Green Beans 76 Marbled Rye Bread 127 Peaches 10 Total Sodium (mg): 865 Calories: 650	11 mg Sodium BBQ Pork Rib Patty 280 Macaroni & Cheese 249 Corn Niblets 1 Hamburger Bun 310 Mandarin Oranges 20 Total Sodium (mg): 985 Calories: 760	12 mg Sodium Sloppy Joe* 682* Tater Tots 29 Mixed Vegetables 30 Sandwich Roll 310 Mixed Fruit 20 Total Sodium (mg): 1196 Calories: 817	13 mg Sodium Vegetable Soup 212 Buttermilk Chicken 262 Sour Cream & Chive Mashed Potatoes 106 Marbled Rye Bread 127 Fresh Fruit 0 Total Sodium (mg): 832 Calories: 768	
	16 mg Sodium Baked Salmon 67 Lemon Sauce 10 Wild Rice 185 Spinach 60 Pumpernickel Bread 127 Brownie 149 Dt: Choc Grahams 95 Total Sodium (mg): 723 Calories: 747	17 mg Sodium Macaroni & Cheese 498 Stewed Tomatoes 6 Italian Bread 170 Fresh Fruit 1 Total Sodium (mg): 800 Calories: 738	18 mg Sodium Stuffed Pepper Casserole 176 Mashed Potatoes 176 Tossed Salad 5 Wheat Bread 150 Tapioca Pudding 210 Dt: Tapioca Pudding 135 Total Sodium (mg): 842 Calories: 735	19 mg Sodium Garlic Herbed Chicken 346 Potato Au Gratin 205 Tuscany Vegetables 31 Pumpernickel Bread 127 Apple Struesel Cake 191 Dt: Cinn Apple Slices 4 Total Sodium (mg): 1025 Calories: 738	20 mg Sodium Beef with Pearl Onions 138 Rice Pilaf 65 Peas and Carrots 56 Wheat Bread 150 Pineapple 10 Total Sodium (mg): 543 Calories: 802
	23 mg Sodium Breaded Fish 220 Tartar Sauce 97 Tater Tots 29 Jardinere Veggies 28 Sandwich Roll 310 Fresh Orange 0 Total Sodium (mg): 809 Calories: 792	24 mg Sodium Beef Burgundy 123 Brown Rice 64 Winter Mix Veggies 8 Italian Bread 170 Apple Cinnamon Grahams 85 Total Sodium (mg): 635 Calories: 721	25 High Sodium Meal Hot Dog* 540* Baked Beans 370 Coleslaw 219 Hot Dog Bun 195 Fresh Fruit 1 Total Sodium (mg): 1450* Calories: 853	26 mg Sodium Beef Bolognese 163 Ziti 1 Tossed Salad 5 French Bread 91 Cran Apple Crisp 5 Dt: Applesauce 25 Total Sodium (mg): 390 Calories: 565	27 mg Sodium Chicken Breast with Pesto Sauce 476 Bow Tie Pasta 8 Brussels Sprouts 15 Pumpernickel Bread 127 Snack n Loaf 160 Dt: Lemon Grahams 95 Total Sodium (mg): 911 Calories: 793
30 mg Sodium White Bean Chicken Chili 314 Brown Rice 5 Riviera Blend Veggies 140 Cornbread 292 Applesauce Cups 0 Total Sodium (mg): 876 Calories: 636	31 mg Sodium Three C Soup 299 Ranch Chicken 476 Red Bliss Potatoes 5 Marbled Rye Bread 127 Fresh Fruit 1 Total Sodium (mg): 1034 Calories: 593	ALTERNATIVE MENUS: Oct 5 - Sliced Ham, Potato Salad, Pineapple. Oct 12 - Roast Beef, Macaroni Salad, Yogurt. Oct 19 - Sliced Turkey, Pasta Salad, 3 Bean Salad. Oct 26 - NY Pastrami, Potato Salad, Pears.		ALL MEALS INCLUDE: 1% MILK 110 CALORIES 125 mg SODIUM	

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.