

# LIFEPATH - AUGUST 2018

**CONGREGATE LUNCH MENU** - Suggested Voluntary Confidential Donation is \$3.00 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
<u>ALTERNATIVE COLD MENUS:</u> <b>AUG 02</b> - Chicken w/Peach Salsa, 3 Bean Salad, Rice & Black Bean Salad. <b>AUG 09</b> - Tortellini & Turkey Salad, Beet & Onion Salad, Roasted Vegetables.	<u>ALTERNATIVES CONT'D</u> <b>AUG 16</b> - Mixed Green s w/Salmon, Quinoa w/Roasted Vegetables, Pineapple. <b>AUG 23</b> - Chef Salad, Mediterranean Rice Salad, Peaches. <b>AUG 30</b> - Tuna Salad, Israeli Cous Cous Salad, Coleslaw.	<b>1 mg Sodium</b> Grilled Chicken with 320 Teriyaki Sauce 42 Vegetable Fried Rice 98 Sesame Cucumber Salad 8 Wheat Bread 160 Pineapple 1 Total Sodium (mg): 755 Calories: 638	<b>2 mg Sodium</b> Turkey Corn Stew 464 Riviera Veg Blend 140 Biscuit 340 Strawberry Yogurt 75 Total Sodium (mg): 1144 Calories: 548	<b>3</b> Brunch Buffet Brunch served at 11:00 am. Check the Dining Room for weekly menu.
<b>6 mg Sodium</b> Chicken Jambalaya 310 Brown Rice 5 Broccoli 10 Wheat Bread 160 Raisins 4	<b>7 mg Sodium</b> Grilled Chicken with 320 Cacciatore Sauce 106 Tricolor Pasta 1 Herbed Carrots 64 Wheat Bread 160 Applesauce 0	<b>8 mg Sodium</b> Broccoli Bake 482 Stewed Tomatoes 150 Home Fries 5 Multigrain Bread 164 Pineapple Whip 87	<b>9 mg Sodium</b> <u>COLD PLATE</u> Bok Choy Soup 99 Asian Chicken Salad 277 Asian Pasta Salad 318 Fortune Cookie 6 Dinner Roll 132 Fresh Orange 0	<b>10</b> Brunch Buffet Brunch served at 11:00 am. Check the Dining Room for weekly menu.
Total Sodium (mg): 615 Calories: 646	Total Sodium (mg): 775 Calories: 535	Total Sodium (mg): 1011 Calories: 735	Total Sodium (mg): 957 Calories: 727	
<b>13 mg Sodium</b> Beef Fajita 162 Red and Green Peppers 110 Mexicali Corn 6 Wheat Tortilla 220 Snack n Loaf 115 Diet: Choc Grahams 95	<b>14 mg Sodium</b> Cheese Omelet 210 Cheese Sauce 170 Sausage Patty 206 Home Fries 5 Multigrain Bread 164 Mandarin Oranges 7	<b>15 High Sodium Meal</b> Chicken Cordon Bleu 750* Supreme Sauce 56 Wild Rice Pilaf 140 Broccoli 10 Peach Shortcake with a Biscuit 340	<b>16 mg Sodium</b> Roast Pork with Herb Gravy 73 Sour Cream & Chive Mashed Potatoes 92 Tossed Salad 5 Wheat Bread 160 Fresh Pear 2	<b>17</b> Brunch Buffet Brunch served at 11:00 am. Check the Dining Room for weekly menu.
Total Sodium (mg): 737 Calories: 659	Total Sodium (mg): 886 Calories: 614	Total Sodium (mg): 1427* Calories: 737	Total Sodium (mg): 540 Calories: 657	
<b>20 mg Sodium</b> Salisbury Steak with Onion Gravy 201 Yams 2 Mixed Vegetables 88 Marble Rye 127 Lorna Doons 100	<b>21 mg Sodium</b> Swedish Meatballs 220 Egg Noodles 4 Genoa Veg Blend 45 Wheat Bread 160 Mixed Fruit 10	<b>22 mg Sodium</b> Escarole Soup 52 BBQ Pork Riblet 492 Whipped Potatoes 66 Corn Bread 291 Chocolate Pudding 135 Diet: Choc Pudding 156	<b>23 mg Sodium</b> Grilled Chicken with Cran Orange Sauce 320 Spinach Orzo Pilaf 18 Broccoli 57 Broccoli 10 Multigrain Bread 164 Apple 1	<b>24</b> Brunch Buffet Brunch served at 11:00 am. Check the Dining Room for weekly menu.
Total Sodium (mg): 669 Calories: 676	Total Sodium (mg): 564 Calories: 622	Total Sodium (mg): 1162 Calories: 841	Total Sodium (mg): 695 Calories: 575	
<b>27 mg Sodium</b> Haddock Newburg 162 O'Brien Potatoes 34 California Veg Blend 22 Dinner Roll 132 Blueberry Yogurt 75	<b>28 mg Sodium</b> Lasagna Rollup 370 Meat Sauce 50 Italian Veg Blend 41 Italian Bread 230 Diced Peaches 5	<b>29 mg Sodium</b> <u>COLD PLATE</u> Chicken Caesar Salad 793* CousCous with Carrots 24 Marble Rye 127 Fresh Orange 0	<b>30 mg Sodium</b> Sloppy Joe 259 Hamburg Bun 230 Tater Tots 29 Coleslaw 101 Snack n Loaf 65 Diet:Choc Grahams 95	<b>31</b> Brunch Buffet Brunch served at 11:00 am. Check the Dining Room for weekly menu.
Total Sodium (mg): 550 Calories: 574	Total Sodium (mg): 822 Calories: 515	Total Sodium (mg): 1069 Calories: 706	Total Sodium (mg): 859 Calories: 826	

**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.