


LIFEPATH - DECEMBER 2018

HOME DELIVERED MEAL - Suggested Voluntary Confidential Donation is \$3.00 per meal

PLEASE CALL BEFORE 11AM ONE SERVING DAY AHEAD TO ORDER OR CANCEL A MEAL OR REQUEST A SUBSTITUTE FOR HIGH SODIUM MEAL.

CALL (413)-773-7702 OR (978)-544-2259 Ext. 2216

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
3 mg Sodium		4 mg Sodium		5 mg Sodium		6 mg Sodium		7 mg Sodium		
Turkey Corn Stew 191		Beef Teriyaki 314		Chicken Marsala 395		Brd Alaskan Pollock 302		Swedish Meatballs 220		
Brussels Sprouts 33		Vegetable Fried Rice 98		Red Bliss Potatoes 5		Tartar Sauce 100		Egg Noodles 4		
Wheat Bread 160		Broccoli 10		Spinach 65		Whipped Potatoes 66		Scandinavian Veg Blend 41		
Blueberry Yogurt 90		Multigrain Bread 164		Wheat Bread 160		Carrots 64		Multigrain Bread 164		
		Fortune Cookie 6		Mixed Fruit Cup 10		Dinner Roll 132		Clementine 164		
		Pineapple 1				Brownie 117				
						Diet:Choc Grahams 95				
Total Sodium (mg): 835		Total Sodium (mg): 718		Total Sodium (mg): 760		Total Sodium (mg): 906		Total Sodium (mg): 429		
Calories: 514		Calories: 781		Calories: 526		Calories: 840		Calories: 493		
10 mg Sodium		11 mg Sodium		12 mg Sodium		13 mg Sodium		14 mg Sodium		
Macaroni & Cheese 488		BBQ Pork Rib 485		Breaded Chicken 450		Roast Pork 73		Chicken 365		
Stewed Tomatoes 150		Corn 1		Drummer 150		Rosemary Gravy 83		Brunswick Stew 45		
Multigrain Bread 164		Winter Veg Blend 29		Brown Rice Pilaf 3		Butternut Squash 5		Genoa Veg Blend 291		
Snack n Loaf 115		Multigrain Bread 164		Green Beans 150		Green Peas 160		Corn Bread 100		
Dt: Cinn Grahams 85		Straw Fruit Cup 0		Rye Bread 7		Wheat Bread 75		Lorna Doons		
		Diet: Peaches 5		Mandarin Oranges						
Total Sodium (mg): 1041		Total Sodium (mg): 803		Total Sodium (mg): 884		Total Sodium (mg): 582		Total Sodium (mg): 926		
Calories: 841		Calories: 555		Calories: 554		Calories: 579		Calories: 702		
17 mg Sodium		18 mg Sodium		19 mg Sodium		20 mg Sodium		21 mg Sodium		
Baked Meatloaf 216		Meatballs in Tomato 352		Pot Roast 85		Grilled Chicken with 342		Roast Turkey 59		
with Onion Gravy 66		Basil Sauce 1		with Gravy 5		Red Pepper Pesto 92		with Herb Gravy 2		
Whipped Potatoes 81		Penne Pasta 41		Seasoned Yukon 158		Sour Cream & Chive 64		Cinnamon Yams 3		
Glazed Carrots 132		Italian Veg Blend 230		Gold Potatoes 105		Mashed Potatoes 64		Green Beans 160		
Dinner Roll 10		Italian Bread 10		Broccoli Au Gratin 105		Carrots 155		Wheat Bread 0		
Mixed Fruit		Apricots		Wheat Dinner Roll 409		Pumpkin Bread 1		Applesauce		
				Pound Cake		Pineapple				
Total Sodium (mg): 656		Total Sodium (mg): 759		Total Sodium (mg): 972		Total Sodium (mg): 779		Total Sodium (mg): 679		
Calories: 735		Calories: 659		Calories: 701		Calories: 610		Calories: 417		
24 mg Sodium		25 mg Sodium		26 mg Sodium		27 mg Sodium		28 mg Sodium		
Broccoli Bake 482		<p style="text-align: center;">CHRISTMAS HOLIDAY</p> <p style="text-align: center;">NO MEALS SERVED</p> 		Grilled Chicken 320		Potato Pollock 273		Shepherd's Pie 136		
Stewed Tomatoes 150				ala Vodka 139		Tartar Sauce 100		Green Beans 3		
Home Fries 5				Cavatappi Pasta 1		Potato Wedges 273		Multigrain Bread 164		
Pumpkin Bread 155				Jardiniere Veg Blend 41		Winter Veg Blend 43		Choc Chip Cookie 160		
Gingerboy 60				Multigrain Bread 164		Wheat Bread 160		Diet: Blueberry Yogurt 75		
				Diced Peaches 5		Snack n Loaf 115				
						Diet: Maple Grahams 115				
Total Sodium (mg): 976					Total Sodium (mg): 794		Total Sodium (mg): 1089		Total Sodium (mg): 587	
Calories: 696					Calories: 624		Calories: 834		Calories: 785	
31 mg Sodium							<p style="text-align: center;">ALL MEALS INCLUDE:</p> <p style="text-align: center;">1% MILK</p> <p style="text-align: center;">110 CALORIES</p> <p style="text-align: center;">125 mg SODIUM</p>			
Roast Pork 73										
Tarragon Gravy 83										
Scalloped Potatoes 125										
Brussels Sprouts 12										
Rye Bread 150										
Fresh Pear 2										
Total Sodium (mg): 570										
Calories: 637										

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.