

# LIFEPATH - DECEMBER 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.** Athol 978-249-9001, Bernardston 413-648-5319, Charlemont 413-339-5720, Erving 413-423-3308, Leverett 413-367-2694, Montague 413-863-9357, New Salem 978-544-6437, Northfield 413-498-2186, Orange 978-544-7082, Petersham 978-724-3276, Phillipston 978-249-3164, Royalston 978-249-9656, Shelburne 413-625-6266, South County 413-665-5063, Warwick 413-544-2630.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 mg Sodium</b> Turkey Corn Stew 191 Brussels Sprouts 33 Wheat Bread 160 Blueberry Yogurt 90	<b>4 mg Sodium</b> Beef Teriyaki 314 Vegetable Fried Rice 98 Broccoli 10 Multigrain Bread 164 Fortune Cookie 6 Pineapple 1	<b>5 mg Sodium</b> Gypsy Soup 272 Chicken Marsala 395 Red Bliss Potatoes 5 Wheat Bread 160 Mixed Fruit 10	<b>6 mg Sodium</b> Brd Alaskan Pollock 302 Tartar Sauce 100 Whipped Potatoes 66 Tossed Salad 5 Dinner Roll 132 Brownie 149 Dt:Choc Grahams 95	<b>7 mg Sodium</b> Garden Veg Soup 115 Swedish Meatballs 220 Egg Noodles 4 Multigrain Bread 164 Clementine 1
Total Sodium (mg): 835 Calories: 514	Total Sodium (mg): 718 Calories: 781	Total Sodium (mg): 967 Calories: 571	Total Sodium (mg): 847 Calories: 822	Total Sodium (mg): 504 Calories: 491
<b>10 mg Sodium</b> Macaroni & Cheese 488 Stewed Tomatoes 150 Multigrain Bread 164 Snack n Loaf 115 Dt: Cinn Grahams 85	<b>11 mg Sodium</b> BBQ Pork Rib 485 Corn 1 Winter Veg Blend 29 Multigrain Bread 164 Straw Fruit Cup 0 Diet: Peaches 5	<b>12 mg Sodium</b> Split Pea Soup 96 Breaded Chicken Drummer 450 Brown Rice Pilaf 150 Rye Bread 150 Mandarin Oranges 7	<b>13 mg Sodium</b> Roast Pork 73 Rosemary Gravy 83 Butternut Squash 0 Tossed Salad 5 Wheat Bread 160 Fruit Yogurt 75	<b>14 mg Sodium</b> Chicken Brunswick Stew 365 Genoa Veg Blend 45 Corn Bread 291 Lorna Doons 100
Total Sodium (mg): 1041 Calories: 841	Total Sodium (mg): 803 Calories: 555	Total Sodium (mg): 978 Calories: 649	Total Sodium (mg): 521 Calories: 524	Total Sodium (mg): 926 Calories: 702
<b>17 mg Sodium</b> Baked Meatloaf 216 with Onion Gravy 26 Whipped Potatoes 66 Glazed Carrots 81 Dinner Roll 132 Mixed Fruit 10	<b>18 mg Sodium</b> White Bean Kale Soup 211 Meatballs in Tomato 352 Basil Sauce Spaghetti 1 Italian Bread 230 Apricots 10	<b>19 mg Sodium</b> Roast Beef Au Jus 74 Seasoned Yukon Gold Potatoes 5 Broccoli Au Gratin 158 Wheat Dinner Roll 105 Frosted Layer Cake 235	<b>20 mg Sodium</b> Tomato Florentine Soup 164 Grilled Chicken with 342 Red Pepper Pesto Sour Cream & Chive Mashed Potatoes 92 Pumpernickel Bread 155 Pineapple 1	<b>21 mg Sodium</b> Roast Turkey 330 with Herb Gravy 59 Cinnamon Yams 2 Tossed Salad 5 Wheat Bread 160 Applesauce 0
Total Sodium (mg): 656 Calories: 735	Total Sodium (mg): 929 Calories: 719	Total Sodium (mg): 702 Calories: 841	Total Sodium (mg): 879 Calories: 652	Total Sodium (mg): 681 Calories: 397
<b>24 mg Sodium</b> Broccoli Bake 482 Stewed Tomatoes 150 Home Fries 5 Pumpernickel Bread 155 Gingerboy 60	<b>CHRISTMAS HOLIDAY</b>  <b>NO MEALS SERVED</b> 	<b>26 mg Sodium</b> Grilled Chicken 320 ala Vodka 139 Cavatappi Pasta 1 Jardiniere Veg Blend 41 Multigrain Bread 164 Diced Peaches 5	<b>27 mg Sodium</b> Potato Pollock 273 Tartar Sauce 100 Potato Wedges 273 Winter Veg Blend 43 Wheat Bread 160 Snack n Loaf 115 Diet: Maple Grahams 115	<b>28 mg Sodium</b> Portuguese Kale Soup 281 Shepherd's Pie 136 Multigrain Bread 164 Choc Chip Cookie 160 Diet: Blueberry Yogurt 75
Total Sodium (mg): 976 Calories: 696		Total Sodium (mg): 794 Calories: 624	Total Sodium (mg): 1089 Calories: 834	Total Sodium (mg): 866 Calories: 816
<b>31 mg Sodium</b> Roast Pork 73 Tarragon Gravy 83 Scalloped Potatoes 125 Brussels Sprouts 12 Rye Bread 150 Fresh Pear 2		<b>ALL MEALS INCLUDE:</b>  <b>1% MILK</b> <b>110 CALORIES</b> <b>125 mg SODIUM</b>	<b>ALTERNATIVE MENUS:</b> <b>DEC 06 - Roast Beef, Roasted Potato Salad, Chick Pea Cilantro Salad.</b> <b>DEC 13 - Sliced Turkey, Quinoa with Roasted Vegetables, Cucumber Salad.</b>	<b>ALTERNATIVE MENUS CONTINUED:</b> <b>DEC 20 - Mixed Greens with Salmon, Quinoa with Roasted Vegetables, Pineapple.</b> <b>DEC 27 - Sliced Ham, Wild Rice Salad, Carrot &amp; Raisin Salad.</b>
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.