



LIFEPATH - JANUARY 2023

CONGREGATE LUNCH MENU - Suggested Voluntary Confidential Donation is \$3.00 per meal

PLEASE CALL YOUR MEAL SITE BEFORE 9:30AM ONE SERVING DAY AHEAD TO ORDER OR CANCEL A MEAL. Athol 978-249-9001, Bernardston 413-648-5319,

Greenfield 413-772-1517, Ext 2, New Salem 978-575-0116, Phillipston 978-652-5797, Shelburne 413-625-6266, South County 413-665-5063.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
HAPPY NEW YEAR!	mg Sodium	mg Sodium	mg Sodium	mg Sodium
New Year's Day Holiday	Chicken & White Bean	Meatball Grinder 210	Beef in Teriyaki Sauce 455	Broccoli Bake 475
NO MEALS SERVED	Chili 260	Marinara Sauce 94	Vegetable Fried Rice 98	Home Fries 5
	Brown Rice 4	O'Brien Potatoes 34	Stir Fry Blend 23	Stewed Tomatoes 251
	Corn 1	Rst. Brussels Sprouts 12	Fortune Cookie 6	Wheat Bread 124
	Wheat Bread 124	5" Grinder Roll 218	Multigrain Bread 223	Fresh Fruit 1
	Assorted Fruit Cup 5	Cinnamon Swirl Roll 105	Fruit Cup 5	
		Diet: Graham Crackers		
	Total Sodium (mg): 519	Total Sodium (mg): 798	Total Sodium (mg): 935	Total Sodium (mg): 982
	Calories: 629	Calories: 895	Calories: 850	Calories: 697
9	10	11	12	13
mg Sodium	mg Sodium	mg Sodium	mg Sodium	mg Sodium
Breaded Chicken	Cheese Ravioli 330	Grilled Chicken Breast 420	Beef & Cabbage	Chicken & Rice Bake 429
Drumstick 450	w/ Meat Sauce 50	Honey Mustard 34	Casserole 346	Broccoli 10
Orzo Pilaf w/ Spinach 57	Green Beans 3	Seas. Potato Wedges 273	Carrots 64	Wheat Bread 124
San Fran Blend Veg 40	Italian Bread 230	Spinach 65	Multigrain Bread 223	Fruit Cup 5
Wheat Dinner Roll 105	Oatmeal Cr Cookie 150	Hamburger Roll 230	Yogurt 75	
Fruit Cup 5	Diet: Lorna Doones	Fresh Fruit 1		
Total Sodium (mg): 782	Total Sodium (mg): 888	Total Sodium (mg): 1149	Total Sodium (mg): 833	Total Sodium (mg): 694
Calories: 582	Calories: 704	Calories: 694	Calories: 862	Calories: 566
16	17	18	19	20
mg Sodium	mg Sodium	mg Sodium	mg Sodium	mg Sodium
Martin Luther King Day Holiday	Sliced Roast Pork 73	Beef Taco 161	Breaded Chicken Patty 573*	Sliced Roast Turkey 330
NO MEALS SERVED	Cran Orange Sauce 20	Spanish Rice & Beans 154	w/ Marin. & Mozzarella 247	Herb Gravy 80
	Whipped Sweet Potato 36	Corn 1	Bowtie Pasta 1	Stuffing 316
	Scandinavian Veg Blend 61	Flour Tortilla 220	Italian Blend Veg 41	Butternut Squash 48
	Marbled Rye Bread 127	Fruit Cup 5	Dinner Roll 132	Wheat Dinner Roll 105
	Fruit Cup 5		Fresh Fruit 1	Lorna Doones (all) 147
	Total Sodium (mg): 447	Total Sodium (mg): 666	Total Sodium (mg): 1120	Total Sodium (mg): 1150
	Calories: 637	Calories: 737	Calories: 765	Calories: 692
23	24	25	26	27
mg Sodium	mg Sodium	mg Sodium	mg Sodium	mg Sodium
Baked Salmon 67	Macaroni & Cheese 498	Meatballs with 210	Sloppy Joe 148	Chicken & Sausage
Dill Sauce 63	Stewed Tomatoes 251	Stroganoff Sauce 22	Potato Wedges 273	Paella 326
Wild Rice Pilaf 140	Dinner Roll 132	Egg Noodles 4	Broccoli 10	Spinach 65
Cauliflower Au Gratin 145	Applesauce 10	Scandinavian Veg Blend 61	Hamburger Roll 230	Wheat Dinner Roll 105
Multigrain Bread 223		Wheat Bread 124	Oreo Cookies- 4 pk 170	Fruit Cup 5
Fudge Round Cookie 85		Fresh Fruit 1	Diet: Lemon Cookie	
Diet: Lorna Doones				
Total Sodium (mg): 848	Total Sodium (mg): 1016	Total Sodium (mg): 547	Total Sodium (mg): 956	Total Sodium (mg): 670
Calories: 729	Calories: 750	Calories: 633	Calories: 808	Calories: 819
30	31	ALL MEALS INCLUDE: 8 OUNCES 2% MILK containing 125 mg SODIUM 130 CALORIES Sodium & Calories incl in totals for each meal.		
mg Sodium	mg Sodium			
Roast Pork 73	Potato Pollock 273			
w/ Cran Apple Compote 152	w/ Tartar Sauce 100			
Herb Rst. Red Potatoes 5	Scalloped Potatoes 125			
Carrots 64	San Fran Veg Blend 40			
Wheat Bread 124	Multigrain Bread 223			
Fruit Cup 5	Yogurt 75			
Total Sodium (mg): 548	Total Sodium (mg): 961			
Calories: 654	Calories: 795			

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. 2415.

*Indicates higher sodium items greater than 500mg.

Due to availability, menu subject to change without notice.