


LIFEPATH - FEBRUARY 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, Charlemont 413-834-7413, Greenfield 413-772-1517, Ext 2, New Salem 978-575-0116, Petersham 978-821-5549, Phillipston 978-652-5797, Royalston 978-249-9656,

Shelburne 413-625-6266, South County 413-665-5063.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 mg Sodium Cheese Lasagna Roll 290 Marinara & Mozzarella 247 Brussels Sprouts 12 Wheat Bread 124 Apple Fritter 330 Diet: SF CC Cookie	2 mg Sodium Chicken Pot Pie 484 Broccoli & Cauliflower 31 Buttermilk Biscuit 340 Fruit Cup 5	3 mg Sodium Chicken Breast 420 w/ Apricot Sauce 24 Yukon Gold Potatoes 5 Mixed Veg 88 Wheat Dinner Roll 105 Fresh Fruit 1
		Total Sodium (mg): 1128 Calories: 842	Total Sodium (mg): 985 Calories: 597	Total Sodium (mg): 768 Calories: 666
6 mg Sodium Classic Meatloaf w/ Beef Gravy 234 Mashed Potatoes 66 Pacific Blend Veg 53 Marbled Rye 127 Applesauce 10	7 mg Sodium Black Bean & Barley Chili 614* Cauliflower Florets 14 Wheat Bread 124 Fruit Cup 5	8 mg Sodium Chicken w/ Red Pepper Sauce 519* Orzo Pilaf w/ Spinach 57 Capri Veg Blend 15 Wheat Bread 124 Blueberry Snack n Loaf 160 Diet: Grahams	9 mg Sodium Ravioli Primavera 609* Green Beans 3 Italian Bread 230 Fresh Fruit 1	10 mg Sodium Roast Pork 73 w/ Herb Gravy 83 Butternut Squash 48 Pacific Veg Blend 53 Multigrain Bread 223 Mini CC Cookies (all) 120
Total Sodium (mg): 615 Calories: 715	Total Sodium (mg): 882 Calories: 759	Total Sodium (mg): 1000 Calories: 707	Total Sodium (mg): 968 Calories: 606	Total Sodium (mg): 725 Calories: 708
13 mg Sodium Diced Chicken w/ Vodka Sauce 211 Penne Pasta 1 Italian Green Beans 3 Dinner Roll 132 Yogurt 75	14 mg Sodium Chicken Breast w/ Marsala Sauce 526* Garlic Mashed Potatoes 66 Spinach 65 Wheat Bread 124 CC Cookie (Darlington) 105 Diet: SF CC Cookie	15 mg Sodium Baked Salmon 67 Lemon Picatta Sauce 4 Rice Pilaf 141 Mixed Vegetables 88 Multigrain Bread 223 Fresh Fruit 1	16 mg Sodium Meatballs 210 w/ Tomato Basil Sauce 58 TriColor Rotini 1 Italian Veg Blend 41 Wheat Dinner Roll 105 Assorted Fruit Cup 5	17 mg Sodium Broccoli Bake 475 Home Fries 5 Stewed Tomatoes 251 Wheat Bread 124 Flavored Applesauce 10
Total Sodium (mg): 547 Calories: 577	Total Sodium (mg): 949 Calories: 737	Total Sodium (mg): 649 Calories: 663	Total Sodium (mg): 545 Calories: 607	Total Sodium (mg): 990 Calories: 700
20 President's Day Holiday NO MEALS SERVED 	21 mg Sodium Beef Stew 163 California Veg Blend 22 Dinner Roll 132 Yogurt 75	22 mg Sodium Breaded Chicken Drummer 450 Mashed Sweet Potatoes 36 Broccoli 10 Multigrain Bread 223 Fresh Fruit 1	23 mg Sodium Beef Bolognese 223 Penne Pasta 1 Italian Vegetable Blend 41 Wheat Dinner Roll 105 Applesauce 10	24 mg Sodium Chicken & Rice Bake 429 Spinach 65 Marbled Rye Bread 127 Fruit Cup 5
	Total Sodium (mg): 517 Calories: 628	Total Sodium (mg): 845 Calories: 648	Total Sodium (mg): 505 Calories: 642	Total Sodium (mg): 751 Calories: 568
27 mg Sodium Sliced Pork w/ Mustard Sauce 209 Sr Cr & Chive Mashed 89 Pacific Blend Veg 53 Wheat Bread 124 Fruit Cup 5	28 mg Sodium Chicken Jambalya 310 Brown Rice 4 Broccoli 10 Wheat Bread 124 Yogurt 75		ALL MEALS INCLUDE: 8 OUNCES 2% MILK containing 125 mg SODIUM 130 CALORIES Sodium & Calories incl in totals for each meal.	
Total Sodium (mg): 605 Calories: 692	Total Sodium (mg): 648 Calories: 640			

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.