

# LIFEPATH - JANUARY 2019

**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
<b>ALL MEALS INCLUDE:</b>  <b>1% MILK</b> <b>110 CALORIES</b> <b>125 mg SODIUM</b>	<b>1 NEW YEAR'S DAY HOLIDAY</b>  <b>NO MEALS SERVED</b> 	<b>2 mg Sodium</b> Baked Haddock 296 Lemon Dill Sauce 66 Chantilly Potato 238 Carrots 64 Wheat Bread 160 Pears 5	<b>3 mg Sodium</b> Apricot Glazed Chicken Breast 352 Veg Fried Rice 98 Oriental Veg Blend 21 Multigrain Bread 164 Blueberry Buckle 360 Dt: SF Choc Pudding 156	<b>4 mg Sodium</b> BBQ Beef Burger 282 Potato Wedges 273 Broccoli 10 Hamburger Bun 230 Mixed Fruit Cup 10 Diet: Applesauce 0
		Total Sodium (mg): 954 Calories: 659	Total Sodium (mg): 1121 Calories: 809	Total Sodium (mg): 931 Calories: 658
		<b>7 mg Sodium</b> Beef Bolognese 163 Cavatappi Pasta 1 Mixed Vegetables 88 Wheat Dinner Roll 105 Snack n Loaf 115 Dt: Cinn Grahams 85	<b>8 mg Sodium</b> Shepherd's Pie 136 Broccoli 10 Wheat Bread 160 Vanilla Yogurt 75	<b>9 mg Sodium</b> Grilled Chicken 320 Florentine 27 Orzo Pilaf w/Spinach 57 Winter Veg Blend 29 Multigrain Bread 164 Apple Crisp 59 Diet: Apple Slices 0
Total Sodium (mg): 597 Calories: 753	Total Sodium (mg): 506 Calories: 573	Total Sodium (mg): 779 Calories: 601	Total Sodium (mg): 975 Calories: 508	Total Sodium (mg): 1169 Calories: 878
<b>14 mg Sodium</b> Swedish Meatballs 220 Parslied Noodles 4 Spinach 65 Italian Bread 230 Raisins 4	<b>15 mg Sodium</b> Chicken Teriyaki 242 Vegetable Fried Rice 98 Oriental Veg Blend 21 Multigrain Bread 164 Tropical Fruit 10 Fortune Cookie 6	<b>16 mg Sodium</b> Potato Pollock 273 Tartar Sauce 100 Yams 31 Italian Green Beans 3 Wheat Bread 160 Peaches 5	<b>17 High Sodium Meal</b> Chicken Cordon Bleu 750* with gravy 35 Garlic Mashed Potatoes 66 Peas & Carrots 72 Wheat Dinner Roll 105 Choc Chip Cookie Bar 154 Diet: Lorna Doons 100	<b>18 mg Sodium</b> Beef Stew 200 Brussels Sprouts 12 Italian Bread 230 Strawberry Cup 0 Dt:Lemon Grahams 95
Total Sodium (mg): 648 Calories: 650	Total Sodium (mg): 666 Calories: 652	Total Sodium (mg): 697 Calories: 674	Total Sodium (mg): 1306* Calories: 924	Total Sodium (mg): 567 Calories: 696
<b>MARTIN LUTHER KING DAY</b>  <b>NO MEALS SERVED</b>	<b>22 mg Sodium</b> Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Multigrain Bread 164 Gingerboy 60	<b>23 mg Sodium</b> Chicken Breast 320 with Supreme Sauce 46 Sweet Potato Coins 190 Corn 1 Wheat Bread 160 Pineapple 1	<b>24 mg Sodium</b> Roast Pork 73 with Apple Gravy 83 Roasted Potatoes 5 Green Beans 3 Wheat Bread 160 Applesauce 0	<b>25 mg Sodium</b> White Bean Chicken Chili 260 Brown Rice 5 Broccoli 10 Multigrain Bread 164 Oatmeal Cookie 124 Diet: Raisins 4
	Total Sodium (mg): 985 Calories: 717	Total Sodium (mg): 843 Calories: 610	Total Sodium (mg): 449 Calories: 537	Total Sodium (mg): 687 Calories: 619
	<b>28 mg Sodium</b> Baked Meatloaf with 216 Mushroom Gravy 85 Whipped Potatoes 66 Green Peas 66 Wheat Dinner Roll 105 Strawberry Yogurt 75	<b>29 mg Sodium</b> Chicken & Rice Bake 429 Spinach 65 Wheat Bread 160 Mixed Fruit 10	<b>30 mg Sodium</b> Lasagna Roll Up 290 with Meat Sauce 76 Italian Veg Blend 41 Italian Brad 230 Brownie 165 Diet:Choc Grahams 95	<b>31 mg Sodium</b> Chicken Picatta 401 Quinoa with Roasted Veggies 47 Multigrain Bread 164 Strawberry Cup 0 Dt:Applesauce Cup 0
Total Sodium (mg): 738 Calories: 717	Total Sodium (mg): 789 Calories: 550	Total Sodium (mg): 926 Calories: 642	Total Sodium (mg): 736 Calories: 674	

**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.