

LIFEPATH - JANUARY 2019

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
ALTERNATIVE MENUS: JAN 3 - Cheese Omelet, Hash Browns, Peaches. JAN 10 - Ham Salad, Orzo & Spinach Salad, Roman Blend Veg Salad. JAN 17 - Roast Beef, Roasted Potato Salad, Chick Pea Cilantro Salad. <i>See bottom row for additional alternatives.</i>	1 NEW YEAR'S DAY HOLIDAY NO MEALS SERVED 	2 mg Sodium Butternut Bisque 149 Baked Haddock 296 Lemon Dill Sauce 66 Chantilly Potato 238 Wheat Bread 64 Pears 5	3 mg Sodium Bok Choy Soup 99 Apricot Glazed Chicken Breast 352 Veg Fried Rice 98 Multigrain Bread 164 Blueberry Buckle 360 Dt: SF Choc Pudding 156	4 mg Sodium BBQ Beef Burger 282 Potato Wedges 273 Broccoli Salad 159 Hamburger Bun 230 Mixed Fruit Cup 10 Diet: Applesauce 0
		Total Sodium (mg): 1039	Total Sodium (mg): 1199	Total Sodium (mg): 1079
		Calories: 711	Calories: 808	Calories: 662
7 mg Sodium Beef Bolognese 163 Cavatappi Pasta 1 Mixed Vegetables 88 Wheat Dinner Roll 105 Snack n Loaf 115 Dt: Cinn Grahams 85	8 mg Sodium Shepherd's Pie 136 Broccoli 10 Wheat Bread 160 Vanilla Yogurt 75	9 mg Sodium Vegetable Soup 115 Grilled Chicken Florentine 347 Orzo Pilaf w/Spinach 57 Multigrain Bread 164 Apple Crisp 59 Diet: Apple Slices 0	10 mg Sodium Turkey Corn Stew 464 Genoa Veg Blend 45 Biscuit 340 Fresh Clementine 1	11 mg Sodium BBQ Pulled Pork 492 Mac & Cheese 195 Tossed Salad 5 Hamburger Bun 230 Pineapple Whip 87
Total Sodium (mg): 597	Total Sodium (mg): 506	Total Sodium (mg): 866	Total Sodium (mg): 975	Total Sodium (mg): 1134
Calories: 753	Calories: 573	Calories: 618	Calories: 508	Calories: 760
14 mg Sodium Swedish Meatballs 220 Parslied Noodles 4 Spinach 65 Italian Bread 230 Raisins 4	15 mg Sodium Three C Soup 299 Chicken Teriyaki 242 Vegetable Fried Rice 98 Multigrain Bread 164 Tropical Fruit 10 Fortune Cookie 6	16 mg Sodium Potato Pollock 273 Tartar Sauce 100 Yams 31 Italian Green Beans 3 Wheat Bread 160 Peaches 5	17 High Sodium Meal Chicken Cordon Bleu 750* with gravy 35 Garlic Mashed Potatoe: 66 Tossed Salad 5 Wheat Dinner Roll 105 Choc Chip Cookie Bar 154 Diet: Lorna Doons 100	18 mg Sodium Beef Stew 200 Brussels Sprouts 12 Italian Bread 230 Strawberry Cup 0 Dt:Lemon Grahams 95
Total Sodium (mg): 648	Total Sodium (mg): 944	Total Sodium (mg): 697	Total Sodium (mg): 1239*	Total Sodium (mg): 567
Calories: 650	Calories: 672	Calories: 674	Calories: 891	Calories: 696
21 MARTIN LUTHER KING DAY NO MEALS SERVED	22 mg Sodium Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Multigrain Bread 164 Gingerboy 60	23 mg Sodium Corn Chowder 172 Chicken Breast 320 with Supreme Sauce 46 Sweet Potato Coins 190 Wheat Bread 160 Pineapple 1	24 mg Sodium Roast Pork 73 with Apple Gravy 83 Roasted Potatoes 5 Tossed Salad 5 Wheat Bread 160 Applesauce Cup 0	25 mg Sodium White Bean Chicken Chili 260 Brown Rice 5 Broccoli 10 Multigrain Bread 164 Oatmeal Cookie 124 Diet: Raisins 4
	Total Sodium (mg): 985	Total Sodium (mg): 1014	Total Sodium (mg): 451	Total Sodium (mg): 687
	Calories: 717	Calories: 668	Calories: 517	Calories: 619
28 mg Sodium Baked Meatloaf with 216 Mushroom Gravy 85 Whipped Potatoes 66 Green Peas 66 Wheat Dinner Roll 105 Strawberry Yogurt 75	29 mg Sodium Autumn Harvest Soup 162 Chicken & Rice Bake 429 Wheat Bread 160 Mixed Fruit 10	30 mg Sodium Lasagna Roll Up 290 Meat Sauce 76 Tossed Salad 5 Italian Bread 230 Brownie 165 Diet:Choc Grahams 95	31 mg Sodium Chicken Picatta 401 Quinoa with Roasted Veggies 47 Multigrain Bread 164 Strawberry Cup 0 Dt:Applesauce Cup 0	ALTERNATIVE MENUS CONTINUED: JAN 24 - Sliced Turkey Breast, Quinoa with Roasted Veggies, Cucumber Salad. JAN 31 - Mixed Greens with Salmon, Quinoa with Roasted Veggies, Pineapple.
Total Sodium (mg): 738	Total Sodium (mg): 886	Total Sodium (mg): 890	Total Sodium: 736	
Calories: 717	Calories: 566	Calories: 617	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.