

LIFEPATH Home Delivered Lunch Meals- August 2025

Please Call Before 9:30 AM One Serving Day ahead to Cancel a Meal or to Request a Substitute for a High Sodium Meal

Call (413) 773-7702 OR (888) 475-1180

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			
Suggested Voluntary Confidential Donation is \$3.50 per Meal Please Note that Only 1% Milk is Currently Available From the Supplier						ALL MEALS INCLUDE: 8 OZ 1% MILK containing: 130 mg Sodium, 110 Calories, & 13 g Carbohydrates AND 1 pat of Margarine Containing 30 mg Sodium & 30 Calories Sodium, Calories, & Carbs included in daily totals						1	Carb	Sod	
													g	mg	
												Macaroni & Cheese*		46	694
												Zucchini & Tomatoes		6	64
		Wheat Bread		17	90										
		Mandarin Oranges		18	7										
Total Sodium (mg): 1011															
Carbs (g): 101; Calories: 841															
4	Carb	Sod	5	Carb	Sod	6	Carb	Sod	7	Carb	Sod	8	Carb	Sod	
	g	mg		g	mg		g	mg		g	mg		g	mg	
Vegetarian Lentil Stew			Chicken Stir Fry			Frittata w/			Pollock			Turkey w/Gravy*			
Shredded Mozzarella			Fried Rice			Spinach & Red Pepper			w/ Dijon Wine Sauce			Sage Bread Stuffing			
Italian Roasted Potatoes			Wheat Bread			Red Bliss Potatoes			Couscous			Butternut Squash			
Cauliflower			Fresh Fruit			Brussels Sprouts			Peas & Pearl Onions			Wheat Bread			
Dinner Roll						Oat Bread			Wheat Bread			Apple Slices w/Cinnamon			
Chocolate Chip Cookie						Yogurt			Pears						
Total Sodium (mg): 636			Total Sodium (mg): 968			Total Sodium (mg): 685			Total Sodium (mg): 795			Total Sodium (mg): 1185			
Carbs (g): 114; Calories: 799			Carbs (g): 75; Calories: 561			Carbs (g): 93; Calories: 667			Carbs (g): 98; Calories: 673			Carbs (g): 95; Calories: 636			
11	Carb	Sod	12	Carb	Sod	13	Carb	Sod	14	Carb	Sod	15	Carb	Sod	
	g	mg		g	mg		g	mg		g	mg		g	mg	
Baked Ziti*			BBQ Pulled Pork			Summer Special Breaded Chicken			Black Bean & Barley			Meatloaf w/			
Green Beans			Baked Beans			Hamburger Bun			Chili*			Mushroom Gravy			
Garlic Knot			California Blend Veg			Honey Mustard Sauce			Fiesta Blend Veg			Garlic Mashed Potatoes			
Mixed Fruit			Hamburger Bun			Sweet Potato Wedges			Dinner Roll			Root Vegetables			
			Peaches			Potatoes			Fresh Fruit			Wheat Bread			
						Watermelon						Chocolate Pudding			
Total Sodium (mg): 1039			Total Sodium (mg): 987			Total Sodium (mg): 1209			Total Sodium (mg): 1025			Total Sodium (mg): 772			
Carbs (g): 95; Calories: 724			Carbs (g): 94; Calories: 767			Carbs (g): 117; Calories: 792			Carbs (g): 121; Calories: 725			Carbs (g): 120; Calories: 1029			
18	Carb	Sod	19	Carb	Sod	20	Carb	Sod	21	Carb	Sod	22	Carb	Sod	
	g	mg		g	mg		g	mg		g	mg		g	mg	
Meatball Sub w/			Frittata w/			Potato Crunch Pollock			Pot Roast w/Gravy			Chicken a'la King			
Chicken Meatballs			Broccoli & Mushroom			Root Vegetables			Mashed Potatoes			Buttered Noodles			
Tomato Sauce & Provolone			O'Brien Potatoes			Roman Blend Veg			Peas & Carrots			Tuscany Blend Veg			
Sub Roll			Stewed Tomatoes			Dinner Roll			Rye Bread			Multigrain Bread			
Italian Roasted Potatoes			Wheat Bread			Vanilla Pudding			Cupcake			Fresh Fruit			
Italian Blend Veg			Mandarin Oranges												
Tropical Fruit															
Total Sodium (mg): 961			Total Sodium (mg): 905			Total Sodium (mg): 912			Total Sodium (mg): 757			Total Sodium (mg): 1092			
Carbs (g): 90; Calories: 800			Carbs (g): 82; Calories: 614			Carbs (g): 99; Calories: 852			Carbs (g): 118; Calories: 882			Carbs (g): 105; Calories: 641			
25	Carb	Sod	26	Carb	Sod	27	Carb	Sod	28	Carb	Sod	29	Carb	Sod	
	g	mg		g	mg		g	mg		g	mg		g	mg	
Macaroni & Cheese*			Chicken & Rice Bake			Beef Sloppy Joe			Chicken Fajitas			Mixed Bean & Veg Stew*			
Broccoli			Green Beans			Hamburger Bun			Rice & Beans			Cauliflower			
Dinner Roll			Multigrain Bread			Sweet Potato Tots			Onions & Peppers			Wheat Bread			
Applesauce			Tapioca Pudding			Spinach			Tortilla			Fig Bar			
Fresh Fruit (Orange)									Mandarin Oranges						
Total Sodium (mg): 1056			Total Sodium (mg): 873			Total Sodium (mg): 806			Total Sodium (mg): 593			Total Sodium (mg): 1094			
Carbs (g): 95; Calories: 822			Carbs (g): 83; Calories: 672			Carbs (g): 66; Calories: 635			Carbs (g): 101; Calories: 771			Carbs (g): 118; Calories: 673			

Sodium and Carbohydrate Levels are listed next to each individual menu item.

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 > 500mg. Meals with ≥1200mg sodium are considered High Sodium Meals. Due to availability, menu subject to change without notice.