

LIFEPATH Congregate Lunch Meals- July 2025

PLEASE CALL YOUR MEAL SITE BEFORE 9:30 AM 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 0 , New Salem 978-575-0116, Petersham 978-821-5549, Phillipston 978-652-5797, Royalston 978-249-8957, Shelburne 413-625-6266, South County 413-665-5063.

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				1		Carb Sod		2		Carb Sod		3		Carb Sod		4			
						g mg				g mg		July 4th Special		g mg		Independence Day Holiday			
				Chicken Scallopini		5	289	Macaroni & Cheese* 1cup		46	694	BBQ Chicken*		13	662	No Meals Served			
				Buttered Noodles		29	35	Riviera Blend Veg		8	8	Corn		22	1				
				Green Beans		9	3	Multigrain Bread		14	150	Coleslaw		12	45				
Wheat Bread		17	90	Peaches		14	8	Dinner Roll		17	180								
Fresh Fruit		20	1					Strawberry Shortcake		35	312								
Total Sodium (mg): 573				Total Sodium (mg): 1016				Total Sodium (mg): 1355											
Carbs (g): 93; Calories: 673				Carbs (g): 95; Calories: 822				Carbs (g): 112; Calories: 800											
7		Carb Sod		8		Carb Sod		9		Carb Sod		10		Carb Sod		11		Carb Sod	
		g mg				g mg				g mg				g mg				g mg	
Sweet & Sour Meatballs		14	484	Beef Chili 1 cup		18	327	Chicken Diane		4	302	Roast Turkey w/Gravy*		5	616	Pollock		0	180
Lo Mein Noodles		33	58	Brown Rice		24	5	Seasoned Orzo		32	32	Mashed Potatoes		46	68	w/ Newburg Sauce		5	224
Stir Fry Vegetables		5	6	Zucchini & Cauliflower		4	6	California Blend Veg		6	30	Root Vegetables		10	34	Herbed Brown Rice		38	85
Multigrain Bread		14	150	Dinner Roll		17	180	Oat Bread		25	115	Wheat Bread		17	90	Roman Blend Veg		5	33
Tapioca Pudding		27	195	Pears		15	5	Cupcake		29	170	Fresh Fruit		20	1	Wheat Bread		17	90
Total Sodium (mg): 1048				Total Sodium (mg): 677				Total Sodium (mg): 804				Total Sodium (mg): 964				Total Sodium (mg): 782			
Carbs (g): 106; Calories: 837				Carbs (g): 91; Calories: 623				Carbs (g): 109; Calories: 829				Carbs (g): 111; Calories: 680				Carbs (g): 90; Calories: 596			
14		Carb Sod		15		Carb Sod		16		Carb Sod		17		Carb Sod		18		Carb Sod	
		g mg				g mg				g mg				g mg				g mg	
Cheese Omelet		1	210	Lasagna w/ Tomato Sce*		32	557	Pork w/ Apples		15	439	Chicken w/				Meatloaf w/Gravy		2	372
Sausage		0	217	Tuscany Blend Veg		6	47	Roasted Sweet Potatoes		23	53	Saute Vegetables		9	336	Cheddar Mashed Potatoes		44	94
O'Brien Potatoes		14	39	Garlic Knot Roll		15	134	Green Beans		9	3	Jasmine Coconut Rice		26	9	Peas & Carrots		12	82
Stewed Tomatoes		13	251	Peaches		14	8	Dinner Roll		17	180	Multigrain Bread		14	150	Dinner Roll		17	180
Wheat Bread		17	90					Chocolate Pudding		30	195	Pineapple		19	9	Chocolate Chip Cookie		12	60
Fresh Fruit (Orange)		18	0																
Total Sodium (mg): 962				Total Sodium (mg): 900				Total Sodium (mg): 1024				Total Sodium (mg): 659				Total Sodium (mg): 943			
Carbs (g): 76; Calories: 621				Carbs (g): 80; Calories: 594				Carbs (g): 106; Calories: 981				Carbs (g): 80; Calories: 660				Carbs (g): 106; Calories: 822			
21		Carb Sod		22		Carb Sod		23		Carb Sod		24		Carb Sod		25		Carb Sod	
		g mg				g mg				g mg				g mg				g mg	
Chicken Cacciatore*		10	644	Potato Crunch Fish		20	337	Beef Burgundy		3	25	Swedish Meatballs (3)		7	269	White Bean &			
Cavitappi Pasta		28	4	Sweet Potatoes		27	28	Garlic Mashed Potatoes		44	48	Buttered Noodles		29	35	Spinach Stew* 8oz		46	;753
Broccoli & Cauliflower		6	14	Peas & Mushrooms		14	136	Root Vegetables		10	34	Brussels Sprouts		9	17	Green Beans		9	3
Multigrain Bread		14	150	Rye Bread		13	150	Multigrain Bread		14	150	Wheat Bread		17	90	Dinner Roll		17	180
Applesauce		12	14	Fig Bar		30	149	Vanilla Pudding		34	174	Mixed Fruit		15	3	Fresh Fruit		20	1
Total Sodium (mg): 981				Total Sodium (mg): 954				Total Sodium (mg): 665				Total Sodium (mg): 569				Total Sodium (mg): 1092			
Carbs (g): 82; Calories: 597				Carbs (g): 118; Calories: 853				Carbs (g): 117; Calories: 865				Carbs (g): 90; Calories: 705				Carbs (g): 105; Calories: 641			
28		Carb Sod		29		Carb Sod		30		Carb Sod		31		Carb Sod		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			
		g mg				g mg				g mg				g mg					
Hot Dog*		3	540	Chicken Souvlaki		3	456	Stuffed Shells (2)		24	228	Beef Shepherd's Pie		56	208				
Baked Beans		29	140	Seasoned Orzo		32	32	w/ Tomato Sauce		6	354	Jardiniere Blend Veg		11	32				
Root Vegetables		10	34	Spring/Summer Veg		11	68	Roman Blend Veg		5	33	Dinner Roll		17	180				
Relish		4	81	Wheat Bread		17	90	Garlic Knot Roll		15	134	Tapioca Pudding		27	195				
Hot Dog Roll		20	210	Brownie		20	132	Fresh Fruit		20	1								
Peaches		14	8																
Total Sodium (mg): 1168				Total Sodium (mg): 933				Total Sodium (mg): 905				Total Sodium (mg): 769							
Carbs (g): 92; Calories: 811				Carbs (g): 96; Calories: 829				Carbs (g): 84; Calories: 584				Carbs (g): 123; Calories: 816							

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 greater than 500mg. Due to availability, menu subject to change without notice.