

LIFEPATH Home Delivered Lunch Meals- July 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	1	Carb Sod	2	Carb Sod	3	Carb Sod	4							
		g mg		g mg		g mg	Independence Day Holiday							
	Chicken Scallopini	5 289	Macaroni & Cheese*	46 694	July 4th Special 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	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					
									Applesauce 12 14					
Total Sodium (mg): 1048			Total Sodium (mg): 677			Total Sodium (mg): 804			Total Sodium (mg): 964					
Carbs (g): 106; Calories: 837			Carbs (g): 91; Calories: 623			Carbs (g): 109; Calories: 829			Carbs (g): 111; Calories: 680					
Total Sodium (mg): 1048			Total Sodium (mg): 677			Total Sodium (mg): 804			Total Sodium (mg): 964					
Carbs (g): 106; Calories: 837			Carbs (g): 91; Calories: 623			Carbs (g): 109; Calories: 829			Carbs (g): 111; Calories: 680					
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					
Carbs (g): 76; Calories: 621			Carbs (g): 80; Calories: 594			Carbs (g): 106; Calories: 981			Carbs (g): 80; Calories: 660					
Total Sodium (mg): 962			Total Sodium (mg): 900			Total Sodium (mg): 1024			Total Sodium (mg): 659					
Carbs (g): 76; Calories: 621			Carbs (g): 80; Calories: 594			Carbs (g): 106; Calories: 981			Carbs (g): 80; Calories: 660					
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	7 269	White Bean &						
Cavitappi Pasta	28 4	Sweet Potatoes	27 28	Garlic Mashed Potatoes	44 48	Buttered Noodles	29 35	Spinach Stew*	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): 569			Total Sodium (mg): 1092					
Carbs (g): 82; Calories: 597			Carbs (g): 118; Calories: 853			Carbs (g): 90; Calories: 705			Carbs (g): 105; Calories: 641					
Total Sodium (mg): 981			Total Sodium (mg): 954			Total Sodium (mg): 569			Total Sodium (mg): 1092					
Carbs (g): 82; Calories: 597			Carbs (g): 118; Calories: 853			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	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								
Carbs (g): 92; Calories: 811			Carbs (g): 96; Calories: 829			Carbs (g): 84; Calories: 584								

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.