

LIFEPATH Home Delivered Lunch Meals- September 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 Email: Nutrition@Lifepathma.org

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY											
1				2				3				4				5											
Labor Day Holiday No Meals Served 					Carb	Sod		Carb	Sod		Carb	Sod		Carb	Sod		Carb	Sod									
					g	mg		g	mg		g	mg		g	mg		g	mg									
				Lasagna w/ Tomato*			Cheeseburger*			Turkey Pot Pie			Pollock w/														
				Italian Green Beans			Ketchup & Mustard			Harvard Beets			Scampi Sauce														
				Garlic Knot Roll			Burger Bun			Dinner Roll			Creamy Parm Polenta														
				Peaches			Sweet Potato Tots			Mandarin Oranges			Riviera Blend Vegetables														
				Fiesta Blend Veg			Angel Food Cake w/Rasp						Rye Bread														
				Fresh Fruit									Fresh Fruit														
			Total Sodium (mg): 857			Total Sodium (mg): 1298			Total Sodium (mg): 993			Total Sodium (mg): 771															
			Carbs (g): 83; Calories: 607			Carbs (g): 82; Calories: 819			Carbs (g): 84; Calories: 616			Carbs (g): 97; Calories: 647															
8				9				10				11				12											
				Carb	Sod		Carb	Sod		Carb	Sod		Carb	Sod		Carb	Sod										
				g	mg		g	mg		g	mg		g	mg		g	mg										
Unstuffed Pepper & Beef Casserole			19	224	Lemon Chicken w/Peas			8	297	Lentil Stew w/ Mozzarella Cheese			1	160	Stuffed Shells w/ Tomato Sauce*			32	632								
Peas & Pearl Onions			15	76	Spring Summer Blend Veg			11	68	Root Vegetables			10	34	California Blend Veg			6	30								
Wheat Bread			17	90	Dinner Roll			17	180	Oat Bread			25	115	Dinner Roll			17	180								
Fresh Fruit			20	1	Tropical Fruit			17	0	Vanilla Pudding			34	174	Applesauce			12	14								
			Total Sodium (mg): 546			Total Sodium (mg): 756			Total Sodium (mg): 696			Total Sodium (mg): 1010			Total Sodium (mg): 943												
			Carbs (g): 83; Calories: 752			Carbs (g): 91; Calories: 712			Carbs (g): 125; Calories: 884			Carbs (g): 81; Calories: 550			Carbs (g): 63; Calories: 765												
15				16				17				18				19											
				Carb	Sod		Carb	Sod		Carb	Sod		Carb	Sod		Carb	Sod										
				g	mg		g	mg		g	mg		g	mg		g	mg										
Chicken Marsala*			10	583	Potato Crunch Pollock w/ Lemon			20	337	Chicken Meatballs w/ Tomato Basil Wine Sauce			4	87	Broccoli Egg Bake			15	475								
Seasoned Orzo			32	32	Roasted Sweet Potatoes			23	53	Penne Pasta			28	4	Home Fries			20	30								
Green Beans & R Peppers			11	4	Broccoli & Cauliflower			6	14	Italian Blend Vegetables			8	19	Stewed Tomatoes			13	251								
Wheat Bread			17	90	Multigrain Bread			14	150	Dinner Roll			17	180	Rye Bread			13	150								
Pears			15	5	Oatmeal Raisin Cookie			12	75	Fresh Fruit (Orange)			18	0	Applesauce			12	14								
			Total Sodium (mg): 870			Total Sodium (mg): 784			Total Sodium (mg): 656			Total Sodium (mg): 1075			Total Sodium (mg): 806												
			Carbs (g): 98; Calories: 694			Carbs (g): 88; Calories: 751			Carbs (g): 94; Calories: 688			Carbs (g): 86; Calories: 678			Carbs (g): 119; Calories: 885												
22				23				24				25				26											
				Carb	Sod		Carb	Sod		Carb	Sod		Carb	Sod		Carb	Sod										
				g	mg		g	mg		g	mg		g	mg		g	mg										
Mixed Bean & Veg Stew*			54	683	Chicken Scallopini			5	289	Macaroni & Cheese*			46	694	American Chop Suey			21	157								
Cauliflower			5	17	Buttered Noodles			29	35	Riviera Blend Vegetables			8	8	Broccoli			6	12								
Dinner Roll			17	180	Green Beans			9	3	Multigrain Bread			14	150	Oat Bread			25	115								
Brownie			20	132	Wheat Bread			17	90	Peaches			14	8	Vanilla Pudding			34	174								
			Total Sodium (mg): 1167			Total Sodium (mg): 573			Total Sodium (mg): 1016			Total Sodium (mg): 614			Total Sodium (mg): 809												
			Carbs (g): 108; Calories: 629			Carbs (g): 93; Calories: 673			Carbs (g): 95; Calories: 822			Carbs (g): 99; Calories: 833			Carbs (g): 73; Calories: 634												
29				30								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											
				Carb	Sod		Carb													Sod		Carb	Sod		Carb	Sod	
				g	mg		g													mg		g	mg		g	mg	
Sweet & Sour Meatballs			14	484	Beef Chili															18	327						
Lo Mien Noodles			33	58	Brown Rice															24	5						
Stir Fry Vegetables			5	6	Zucchini & Cauliflower			4	6																		
Multigrain Bread			14	150	Dinner Roll			17	180																		
Tapioca Pudding			27	195	Pears			15	5																		
			Total Sodium (mg): 1048			Total Sodium (mg): 677																					
			Carbs (g): 106; Calories: 837			Carbs (g): 91; Calories: 623																					