



LIFEPATH Congregate Lunch Meals- April 2024

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 2, New Salem 978-575-0116, Petersham 978-821-5549,
Phillipston 978-652-5797, Royalston 978-249-9656, Shelburne 413-625-6266, South County 413-665-5063.

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
1	Carb	Sod	2	Carb	Sod	3	Carb	Sod	4	Carb	Sod	5	Carb	Sod
	g	mg		g	mg		g	mg		g	mg		g	mg
Frittata w/ Broccoli & Mushrooms 8oz Sweet Potato Wedges Green Beans & R. Peppers Snack n' Loaf Yogurt	4 28 11 28 33	181 200 4 160 80	Chicken Cacciatore 6oz Seasoned Orzo Brussels Sprouts Oatmeal Bread Fresh Fruit	10 32 9 24 20	644 38 17 140 1	Mini Raviolis (7) w/ Spinach Alfredo Sauce 3oz Chicken Meatball Tuscan Blend Veg Wheat Bread Chocolate Chip Cookie	18 6 2 6 17 12	67 251 70 47 90 60	Cod 4oz w/ Dijon Wine Sauce 2oz Quinoa Pilaf Riviera Blend Veg LS Multigrain Bread Mixed Fruit	0 9 25 8 24 15	220 190 56 7 135 3	Beef Chili 10oz Spinach Dinner Roll Raisins	15 6 17 30	400 145 180 4
Total Sodium (mg): 786 Carbs (g): 116; Calories: 859			Total Sodium (mg): 1000 Carbs (g): 109; Calories: 748			Total Sodium (mg): 831 Carbs (g): 74; Calories: 544			Total Sodium (mg): 771 Carbs (g): 94; Calories: 709			Total Sodium (mg): 889 Carbs (g): 80; Calories: 554		
8	Carb	Sod	9	Carb	Sod	10	Carb	Sod	11	Carb	Sod	12	Carb	Sod
	g	mg		g	mg		g	mg		g	mg		g	mg
Chicken Teriyaki 4oz White Rice Asian Blend Veg Multigrain Bread Chocolate Brownie	7 22 7 14 32	382 5 9 150 297	Hot Dog* Root Vegetables Baked Beans Relish & Mustard Hot Dog Roll Mixed Fruit	3 10 20 4 24 15	540 34 140 136 250 3	Beef Stroganoff 8oz Buttered Noodles Jardiniere Blend Veg Wheat Bread Peaches	4 29 11 17 14	177 40 32 90 8	Mixed Bean & Vegetable Stew 10oz Broccoli & Cauliflower Wheat Bread Tapioca Pudding	55 6 17 27	486 14 90 183	Pollock 4oz w/ Mediterranean Sauce 2oz Italian Roasted R Potatoes Ratatouille Wheat Bread Fresh Fruit (Orange)	0 5 17 5 17 18	180 198 4 116 90 0
Total Sodium (mg): 1003 Carbs (g): 95; Calories: 773			Total Sodium (mg): 1233 Carbs (g): 89; Calories: 745			Total Sodium (mg): 507 Carbs (g): 87; Calories: 724			Total Sodium (mg): 933 Carbs (g): 118; Calories: 776			Total Sodium (mg): 748 Carbs (g): 75; Calories: 529		
15	Patriot's Day Holiday		16	Carb	Sod	17	Carb	Sod	18	Carb	Sod	19	Carb	Sod
	No Meals Served			g	mg		g	mg		g	mg		g	mg
			Chicken & Rice Bake 1cup Italian Green Beans Dinner Roll Chocolate Brownie	21 9 17 32	369 3 180 297	Wild Salmon w/ Honey Mustard Sauce 3oz Lo Mien Noodles Stir Fry Vegetables Wheat Bread Fresh Fruit	0 48 33 5 17 20	67 280 58 0 90 1	Beef Shepherd's Pie 10oz Spinach LS Multigrain Bread Chocolate Pudding	56 6 24 30	197 145 135 195	Vegetarian Lentil Stew 8oz Mixed Vegetables Tossed Garden Salad Wheat Bread Peaches (cheese on side)	45 16 5 17 14	486 56 168 90 8
Total Sodium (mg): 1009 Carbs (g): 91; Calories: 803			Total Sodium (mg): 656 Carbs (g): 135; Calories: 757			Total Sodium (mg): 832 Carbs (g): 128; Calories: 915			Total Sodium (mg): 968 Carbs (g): 110; Calories: 747					
22	Carb	Sod	23	Carb	Sod	24	Carb	Sod	25	Carb	Sod	26	Carb	Sod
	g	mg		g	mg		g	mg		g	mg		g	mg
Lasagna w/ Tomato Sauce 3oz Chicken Meatball Brussels Sprouts LS Multigrain Bread Pears	29 6 2 9 24 15	320 354 70 17 135 5	Potato Crunch Pollock 4oz Lemon Wedge Italian Roasted R Potatoes Broccoli & Cauliflower Wheat Bread Fig Bar	20 1 17 6 17 30	337 0 4 14 90 149	Broccoli & Cheese- Stuffed Chicken Potatoes w/ Sr Cm & Chive Spring/Summer Blend Veg Snowflake Dinner Roll Carrot Cake w/ Icing	11 45 11 17 40	410 53 67 180 249	Beef Pot Roast w/ Gravy Italian Roasted Potatoes Roman Blend Veg LS Multigrain Bread Peaches	4 23 5 24 14	120 6 33 135 8	Rst Turkey w/ Gravy* 5oz Bread Stuffing Green Beans Wheat Bread Fresh Fruit	5 27 9 17 20	617 330 3 90 1
Total Sodium (mg): 1060 Carbs (g): 918; Calories: 705			Total Sodium (mg): 754 Carbs (g): 104; Calories: 818			Total Sodium (mg): 1119 Carbs (g): 137; Calories: 1057			Total Sodium (mg): 461 Carbs (g): 83; Calories: 677			Total Sodium (mg): 1196 Carbs (g): 91; Calories: 586		
29	Carb	Sod	30	Carb	Sod	Suggested Voluntary Confidential Donation is \$3 per Meal			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					
	g	mg		g	mg									
Macaroni & Cheese* 11oz Stewed Tomatoes LS Multigrain Bread Fresh Fruit (Orange)	88 13 24 18	548 251 135 0	Chicken Scallopini 7oz Buttered Noodles Spinach Dinner Roll Tropical Fruit	5 29 6 17 17	289 40 145 180 0	Please Note that Only 1% Milk is Currently Available From the Supplier			Sodium, Calories, & Carbs included in daily totals					
Total Sodium (mg): 1094 Carbs (g): 155; Calories: 859			Total Sodium (mg): 814 Carbs (g): 87; Calories: 676											

Sodium and Carbohydrate 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. 2415

*Indicates higher sodium items greater than 500mg. Due to availability, menu subject to change without notice.