



LIFEPATH Home Delivered Lunch Meals- April 2024

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		
1	Carb g	Sod mg	2	Carb g	Sod mg	3	Carb g	Sod mg	4	Carb g	Sod mg	5	Carb g	Sod mg
Frittata w/ Broccoli & Mushrooms	4	181	Chicken Cacciatore	10	644	Mini Raviolis w/ Spinach Alfredo Sauce	18	67	Cod w/ Dijon Wine Sauce	0	220	Beef Chili	15	400
Sweet Potato Wedges	28	200	Seasoned Orzo	32	38	Chicken Meatball	2	70	Quinoa Pilaf	25	56	Spinach	6	145
Green Beans & R. Peppers	11	4	Brussels Sprouts	9	17	Tuscany Blend Veg	6	47	Riviera Blend Veg	8	7	Dinner Roll	17	180
Snack n' Loaf	28	160	Oatmeal Bread	24	140	Wheat Bread	17	90	LS Multigrain Bread	24	135	Raisins	30	4
Yogurt	33	80	Fresh Fruit	20	1	Chocolate Chip Cookie	12	60	Mixed Fruit	15	3			
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 g	Sod mg	9	Carb g	Sod mg	10	Carb g	Sod mg	11	Carb g	Sod mg	12	Carb g	Sod mg
Chicken Teriyaki	7	382	Hot Dog*	3	540	Beef Stroganoff	4	177	Mixed Bean & Vegetable Stew	55	486	Pollock w/ Mediterranean Sauce	0	180
White Rice	22	5	Root Vegetables	10	34	Buttered Noodles	29	40	Broccoli & Cauliflower	6	14	Italian Roasted R Potatoes	17	4
Asian Blend Veg	7	9	Baked Beans	20	140	Jardiniere Blend Veg	11	32	Wheat Bread	17	90	Ratatouille	5	116
Multigrain Bread	14	150	Relish & Mustard	4	136	Wheat Bread	17	90	Tapioca Pudding	27	183	Wheat Bread	17	90
Chocolate Brownie	32	297	Hot Dog Roll	24	250	Peaches	14	8				Fresh Fruit (Orange)	18	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 g	Sod mg	17	Carb g	Sod mg	18	Carb g	Sod mg	19	Carb g	Sod mg
No Meals Served			Chicken & Rice Bake	21	369	Wild Salmon w/ Honey Mustard Sauce	0	67	Beef Shepherd's Pie	56	197	Vegetarian Lentil Stew	45	486
			Italian Green Beans	9	3	Lo Mien Noodles	33	58	Spinach	6	145	Mixed Vegetables	16	56
			Dinner Roll	17	180	Stir Fry Vegetables	5	0	LS Multigrain Bread	24	135	Tossed Garden Salad	5	168
			Chocolate Brownie	32	297	Wheat Bread	17	90	Chocolate Pudding	30	195	Wheat Bread	17	90
						Fresh Fruit	20	1				Peaches	14	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 g	Sod mg	23	Carb g	Sod mg	24	Carb g	Sod mg	25	Carb g	Sod mg	26	Carb g	Sod mg
Lasagna w/ Tomato Sauce	29	320	Potato Crunch Pollock	20	337	Broccoli & Cheese- Stuffed Chicken	11	410	Beef Pot Roast w/ Gravy	4	120	Rst Turkey w/ Gravy*	5	617
Chicken Meatball	2	70	Lemon Wedge	1	0	Potatoes w/ Sr Cm & Chive	45	53	Italian Roasted Potatoes	23	6	Bread Stuffing	27	330
Brussels Sprouts	9	17	Italian Roasted R Potatoes	17	4	Spring/Summer Blend Veg	11	67	Roman Blend Veg	5	33	Green Beans	9	3
LS Multigrain Bread	24	135	Broccoli & Cauliflower	6	14	Snowflake Dinner Roll	17	180	LS Multigrain Bread	24	135	Wheat Bread	17	90
Pears	15	5	Wheat Bread	17	90	Carrot Cake w/ Icing	40	249	Peaches	14	8	Fresh Fruit	20	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 g	Sod mg	30	Carb g	Sod mg	Suggested Voluntary Confidential Donation is \$3 per Meal <i>Please Note that Only 1% Milk is Currently Available From the Supplier</i>			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					
Macaroni & Cheese*	88	548	Chicken Scallopini	5	289									
Stewed Tomatoes	13	251	Buttered Noodles	29	40									
LS Multigrain Bread	24	135	Spinach	6	145									
Fresh Fruit (Orange)	18	0	Dinner Roll	17	180									
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 > 500mg. Meals with ≥1200mg sodium are considered High Sodium Meals. Due to availability, menu subject to change without notice.