
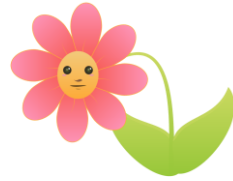


# LIFEPATH Congregate Lunch Meals- April 2025

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 978-249-9656, 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    |  |  |
|  |   | <b>g mg</b> |   | <b>g mg</b>             |   | <b>g mg</b> |  | <b>g mg</b> |  |  |
| <b>Suggested Voluntary Confidential Donation is \$3.50 per Meal</b><br><br><i>Please Note that Only 1% Milk is Currently Available From the Supplier</i> | Potato Crunch Pollock   | 20 337      | Chicken Meatballs w/ Tomato Basil Wine Sauce              | 5 210                   | Broccoli Egg Bake 6oz                                   | 15 475      | Mixed Bean & Vegetable Stew* 10oz  | 54 683      |  |  |
|  | Quinoa Pilaf  | 25 56       | Penne Pasta   | 28 4                    | Home Fries  | 20 30       | Brussels Sprouts   | 9 17        |  |  |
|  | Broccoli & Cauliflower  | 6 14        | Italian Blend Vegetables                                  | 8 19                    | Stewed Tomatoes   | 13 251      | Wheat Dinner Roll  | 17 180      |  |  |
|  | Multigrain Bread  | 14 150      | Wheat Dinner Roll   | 17 180                  | Rye Bread   | 13 150      | Brownie  | 20 132      |  |  |
|  | Oatmeal Raisin Cookie   | 12 75       | Fresh Fruit (Orange)                                      | 18 0                    | Applesauce  | 12 14       |  |             |  |  |
|  | Total Sodium (mg): 787<br>Carbs (g): 89; Calories: 814  |             | Total Sodium (mg): 656<br>Carbs (g): 94; Calories: 688    |                         | Total Sodium (mg): 1075<br>Carbs (g): 86; Calories: 678 |             | Total Sodium (mg): 1167<br>Carbs (g): 113; Calories: 651   |             |  |  |
|  | 7   | Carb Sod    | 8   | Carb Sod                | 9   | Carb Sod    | 10   | Carb Sod    |  |  |
|  |   | <b>g mg</b> |   | <b>g mg</b>             |   | <b>g mg</b> |  | <b>g mg</b> |  |  |
|  | Red Sox Day Special   |             | Chicken Scallopini 7oz                                    | 5 289                   | Chicken & Rice Bake 1cup                                | 21 369      | American Chop Suey 1cup  | 21 157      |  |  |
|  | Hot dog*  | 3 540       | Buttered Noodles  | 29 35                   | Spinach   | 6 145       | Broccoli   | 6 12        |  |  |
|  | Baked Beans   | 29 140      | Green Beans   | 9 3                     | Garlic Knot Roll  | 17 90       | Oat Bread  | 25 115      |  |  |
|  | Root Vegetables   | 10 34       | Wheat Bread   | 17 90                   | Mixed Fruit   | 15 3        | Vanilla Pudding  | 34 174      |  |  |
|  | Hot Dog Roll  | 21 210      | Fresh Fruit   | 20 1                    |   |             |  |             |  |  |
|  | Brownie   | 32 279      |   |                         |   |             |  |             |  |  |
|  | Total Sodium (mg): 1358<br>Carbs (g): 108; Calories: 975  |             | Total Sodium (mg): 573<br>Carbs (g): 93; Calories: 673    |                         | Total Sodium (mg): 912<br>Carbs (g): 75; Calories: 621  |             | Total Sodium (mg): 614<br>Carbs (g): 99; Calories: 833   |             | Total Sodium (mg): 1098<br>Carbs (g): 127; Calories: 731 |  |
|  | 14  | Carb Sod    | 15  | Carb Sod                | 16  | Carb Sod    | 17   | Carb Sod    |  |  |
|  |   | <b>g mg</b> |   | <b>g mg</b>             |   | <b>g mg</b> |  | <b>g mg</b> |  |  |
|  | Sweet & Sour Meatballs  | 15 484      | Beef Chili 1cup   | 18 327                  | Chicken Diane   | 4 302       | Roast Turkey w/Gravy*  | 5 616       |  |  |
|  | Lo Mien Noodles   | 33 58       | Brown Rice  | 24 5                    | Buttered Noodles  | 32 32       | Mashed Potatoes  | 46 68       |  |  |
|  | Stir Fry Vegetables   | 5 6         | Zucchini & Cauliflower                                    | 4 6                     | California Blend Veg                                    | 6 30        | Root Vegetables  | 10 34       |  |  |
|  | Multigrain Bread  | 14 150      | Wheat Dinner Roll   | 17 180                  | Oat Bread   | 25 115      | Wheat Dinner Roll  | 17 180      |  |  |
|  | Tapioca Pudding   | 27 195      | Pears   | 15 5                    | Cupcake   | 29 170      | Fresh Fruit  | 20 1        |  |  |
|  | Total Sodium (mg): 1048<br>Carbs (g): 106; Calories: 837  |             | Total Sodium (mg): 677<br>Carbs (g): 91; Calories: 623    |                         | Total Sodium (mg): 804<br>Carbs (g): 109; Calories: 829 |             | Total Sodium (mg): 1053<br>Carbs (g): 91; Calories: 604  |             | Total Sodium (mg): 782<br>Carbs (g): 90; Calories: 596   |  |
|  | 21  | Carb Sod    | 22  | Carb Sod                | 23  | Carb Sod    | 24   | Carb Sod    |  |  |
|  |   | <b>g mg</b> |   | <b>g mg</b>             |   | <b>g mg</b> |  | <b>g mg</b> |  |  |
|  | <b>Patriot's Day Holiday</b><br><br><b>No Meals Served</b><br><br> |             | Lasagna Roll w/ Tomato Sauce                              | 32 557                  | Spring Special  |             | Chicken w/ Saute Veg   | 9 336       |  |  |
|  |   |             | Tuscany Blend Veg   | 6 47                    | Broccoli & Cheese                                       | 11 410      | Jasmine Coconut Rice   | 26 9        |  |  |
|  |   |             | Garlic Knot Roll  | 15 134                  | Stuffed Chicken   | 11 410      | Multigrain Bread   | 14 150      |  |  |
|  |   |             | Peaches   | 14 8                    | Potato w/ Sr Cm & Chives                                | 44 48       | Chocolate Pudding  | 30 195      |  |  |
|  |   |             |   | Spring Summer Veg Blend | 11 68   |             |  |             |  |  |
|  |   |             |   | Wheat Dinner Roll       | 17 180  |             |  |             |  |  |
|  |   |             |   | Carrot Cake             | 39 243  |             |  |             |  |  |
|  | Total Sodium (mg): 900<br>Carbs (g): 80; Calories: 594  |             | Total Sodium (mg): 1104<br>Carbs (g): 135; Calories: 1045 |                         | Total Sodium (mg): 844<br>Carbs (g): 91; Calories: 807  |             | Total Sodium (mg): 739<br>Carbs (g): 103; Calories: 895  |             |  |  |
|  | 28  | Carb Sod    | 29  | Carb Sod                | 30  | Carb Sod    |   |             |  |  |
|  |   | <b>g mg</b> |   | <b>g mg</b>             |   | <b>g mg</b> |  |             |  |  |
|  | Chicken Cacciatore* 6oz   | 10 644      | Potato Crunch Pollock                                     | 20 337                  | Beef Burgundy 5oz                                       | 3 104       |  |             |  |  |
|  | Cavitappi Pasta   | 28 4        | Sweet Potatoes  | 27 28                   | Garlic Mashed Potatoes                                  | 44 48       |  |             |  |  |
|  | Broccoli & Cauliflower  | 6 14        | Peas & Mushrooms  | 14 136                  | Root Vegetables   | 10 34       |  |             |  |  |
|  | Multigrain Bread  | 14 150      | Rye Bread   | 13 150                  | Multigrain Bread  | 14 150      |  |             |  |  |
|  | Applesauce  | 12 14       | Mixed Fruit   | 15 3                    | Vanilla Pudding   | 34 174      |  |             |  |  |
|  | Total Sodium (mg): 981<br>Carbs (g): 82; Calories: 597  |             | Total Sodium (mg): 809<br>Carbs (g): 103; Calories: 764   |                         | Total Sodium (mg): 665<br>Carbs (g): 117; Calories: 865 |             | <b>ALL MEALS INCLUDE:</b><br><b>8 OZ 1% MILK containing:</b><br><b>130 mg Sodium, 110 Calories,</b><br><b>&amp; 13 g Carbohydrates</b><br><b>AND 1 pat of Margarine</b><br><b>Containing</b><br><b>30 mg Sodium &amp; 30 Calories</b><br><br><b>Sodium, Calories, &amp; Carbs</b><br><b>included in daily totals</b> |             |  |  |

**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.