


## LIFEPATH Home Delivered Lunch Meals- April 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	
<p><b>Suggested Voluntary Confidential Donation is \$3.50 per Meal</b></p> <p><i>Please Note that Only 1% Milk is Currently Available From the Supplier</i></p>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
	<b>Carb Sod</b>	<b>Carb Sod</b>	<b>Carb Sod</b>	<b>Carb Sod</b>	
	<b>g mg</b>	<b>g mg</b>	<b>g mg</b>	<b>g mg</b>	
	Potato Crunch Pollock Quinoa Pilaf Broccoli & Cauliflower Multigrain Bread Oatmeal Raisin Cookie	20 337 25 56 6 14 14 150 12 75	Chicken Meatballs w/ Tomato Basil Wine Sauce Penne Pasta Italian Blend Vegetables Wheat Dinner Roll Fresh Fruit (Orange)	5 210 4 87 28 4 8 19 17 180 18 0	Broccoli Egg Bake Home Fries Stewed Tomatoes Rye Bread Applesauce
Total Sodium (mg): 787 Carbs (g): 89; Calories: 814		Total Sodium (mg): 656 Carbs (g): 94; Calories: 688		Total Sodium (mg): 1075 Carbs (g): 86; Calories: 678	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	
<b>Carb Sod</b>	<b>Carb Sod</b>	<b>Carb Sod</b>	<b>Carb Sod</b>	<b>Carb Sod</b>	
<b>g mg</b>	<b>g mg</b>	<b>g mg</b>	<b>g mg</b>	<b>g mg</b>	
Red Sox Day Special Hot dog* Baked Beans Root Vegetables Hot Dog Roll Brownie	5 289 29 35 9 3 17 90 20 1	Chicken & Rice Bake Spinach Garlic Knot Roll Mixed Fruit	21 369 6 145 17 90 15 3	American Chop Suey Broccoli Oat Bread Vanilla Pudding	
Total Sodium (mg): 1358 Carbs (g): 108; Calories: 975		Total Sodium (mg): 912 Carbs (g): 75; Calories: 621		Total Sodium (mg): 614 Carbs (g): 99; Calories: 833	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	
<b>Carb Sod</b>	<b>Carb Sod</b>	<b>Carb Sod</b>	<b>Carb Sod</b>	<b>Carb Sod</b>	
<b>g mg</b>	<b>g mg</b>	<b>g mg</b>	<b>g mg</b>	<b>g mg</b>	
Sweet & Sour Meatballs Lo Mien Noodles Stir Fry Vegetables Multigrain Bread Tapioca Pudding	18 327 24 5 4 6 17 180 15 5	Chicken Diane Buttered Noodles California Blend Veg Oat Bread Cupcake	4 302 32 32 6 30 25 115 29 170	Roast Turkey w/Gravy* Mashed Potatoes Root Vegetables Wheat Dinner Roll Fresh Fruit	
Total Sodium (mg): 1048 Carbs (g): 106; Calories: 837		Total Sodium (mg): 804 Carbs (g): 109; Calories: 829		Total Sodium (mg): 1053 Carbs (g): 91; Calories: 604	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	
<b>Carb Sod</b>	<b>Carb Sod</b>	<b>Carb Sod</b>	<b>Carb Sod</b>	<b>Carb Sod</b>	
<b>g mg</b>	<b>g mg</b>	<b>g mg</b>	<b>g mg</b>	<b>g mg</b>	
<b>Patriot's Day Holiday</b>	Lasagna Roll w/ Tomato Sauce Tuscany Blend Veg Garlic Knot Roll Peaches	<b>Spring Special</b>	Chicken w/ Saute Veg Jasmine Coconut Rice Multigrain Bread Chocolate Pudding	Meatloaf w/Gravy Cheddar Mashed Potatoes Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie	
<b>No Meals Served</b>	32 557 6 47 15 134 14 8	Broccoli & Cheese Stuffed Chicken Potato w/ Sr Cm & Chives Spring Summer Veg Blend Wheat Dinner Roll Carrot Cake	9 336 26 9 14 150 30 195	5 168 44 94 12 82 17 180 12 60	
Total Sodium (mg): 900 Carbs (g): 80; Calories: 594		Total Sodium (mg): 1104 Carbs (g): 135; Calories: 1045		Total Sodium (mg): 844 Carbs (g): 91; Calories: 807	
<b>28</b>	<b>29</b>	<b>30</b>			
<b>Carb Sod</b>	<b>Carb Sod</b>	<b>Carb Sod</b>			
<b>g mg</b>	<b>g mg</b>	<b>g mg</b>			
Chicken Cacciatore* Cavitappi Pasta Broccoli & Cauliflower Multigrain Bread Applesauce	Potato Crunch Pollock Sweet Potatoes Peas & Mushrooms Rye Bread Mixed Fruit	Beef Burgundy Garlic Mashed Potatoes Root Vegetables Multigrain Bread Vanilla Pudding			
Total Sodium (mg): 981 Carbs (g): 82; Calories: 597		Total Sodium (mg): 809 Carbs (g): 103; Calories: 764		Total Sodium (mg): 665 Carbs (g): 117; Calories: 865	
<p><b>ALL MEALS INCLUDE:</b>  <b>8 OZ 1% MILK containing:</b>  <b>130 mg Sodium, 110 Calories,</b>  <b>&amp; 13 g Carbohydrates</b>  <b>AND 1 pat of Margarine</b>  <b>Containing</b>  <b>30 mg Sodium &amp; 30 Calories</b></p> <p><b>Sodium, Calories, &amp; Carbs included in daily totals</b></p>					

**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.