

# LIFEPATH Congregate Lunch Meals- August 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 978-249-8957, Shelburne 413-625-6266, South County 413-665-5063.

| MONDAY                                                                                                                                                                                                                                                                                                                                             |  |  | TUESDAY                                                                                                                                                                                                                                                                                               |  |  | WEDNESDAY                                                                                                                                                                                                                                                                                                                                   |  |  | THURSDAY                                                                                                                                                                                                                                                                                         |  |  | FRIDAY                                                                                                                                                                                                                                                                                                 |  |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| <div>Suggested Voluntary Confidential Donation is \$3.50 per Meal</div> <div>Please Note that Only 1% Milk is Currently Available From the Supplier</div>                                                                                                                                                                                          |  |  | <div></div>                                                                                                                                                                                                          |  |  | <div>ALL MEALS INCLUDE:<br/>8 OZ 1% MILK containing:<br/>130 mg Sodium, 110 Calories,<br/>&amp; 13 g Carbohydrates<br/>AND 1 pat of Margarine<br/>Containing<br/>30 mg Sodium &amp; 30 Calories</div> <div>Sodium, Calories, &amp; Carbs included in daily totals</div>                                                                     |  |  | <div></div>                                                                                                                                                                                                   |  |  | <div>1</div> <div>CarbSod</div> <div>gmg</div> <div>Macaroni &amp; Cheese*46694</div> <div>Zucchini &amp; Tomatoes664</div> <div>Wheat Bread1790</div> <div>Mandarin Oranges187</div>                                                                                                                  |  |  |
|                                                                                                                                                                                                                                                                                                                                                    |  |  |                                                                                                                                                                                                                                                                                                       |  |  |                                                                                                                                                                                                                                                                                                                                             |  |  |                                                                                                                                                                                                                                                                                                  |  |  | Total Sodium (mg): 1011                                                                                                                                                                                                                                                                                |  |  |
|                                                                                                                                                                                                                                                                                                                                                    |  |  |                                                                                                                                                                                                                                                                                                       |  |  |                                                                                                                                                                                                                                                                                                                                             |  |  |                                                                                                                                                                                                                                                                                                  |  |  | Carbs (g): 101; Calories: 841                                                                                                                                                                                                                                                                          |  |  |
|                                                                                                                                                                                                                                                                                                                                                    |  |  |                                                                                                                                                                                                                                                                                                       |  |  |                                                                                                                                                                                                                                                                                                                                             |  |  |                                                                                                                                                                                                                                                                                                  |  |  |                                                                                                                                                                                                                                                                                                        |  |  |
| <div>4</div> <div>CarbSod</div> <div>gmg</div> <div>Vegetarian Lentil Stew4358</div> <div>Shredded Mozzarella1160</div> <div>Italian Roasted Potatoes236</div> <div>Cauliflower517</div> <div>Dinner Roll17180</div> <div>Chocolate Chip Cookie1260</div> <div>Total Sodium (mg): 636</div> <div>Carbs (g): 114; Calories: 799</div>               |  |  | <div>5</div> <div>CarbSod</div> <div>gmg</div> <div>Chicken Stir Fry12460</div> <div>Fried Rice13262</div> <div>Wheat Bread1790</div> <div>Fresh Fruit201</div> <div>Total Sodium (mg): 968</div> <div>Carbs (g): 75; Calories: 561</div>                                                             |  |  | <div>6</div> <div>CarbSod</div> <div>gmg</div> <div>Frittata w/Spinach &amp; Red Pepper9300</div> <div>Red Bliss Potatoes1824</div> <div>Brussels Sprouts917</div> <div>Oat Bread25115</div> <div>Yogurt1975</div> <div>Total Sodium (mg): 685</div> <div>Carbs (g): 93; Calories: 667</div>                                                |  |  | <div>7</div> <div>CarbSod</div> <div>gmg</div> <div>Pollock0180</div> <div>w/ Dijon Wine Sauce13285</div> <div>Couscous255</div> <div>Peas &amp; Pearl Onions1576</div> <div>Wheat Bread1790</div> <div>Pears155</div> <div>Total Sodium (mg): 795</div> <div>Carbs (g): 98; Calories: 673</div> |  |  | <div>8</div> <div>CarbSod</div> <div>gmg</div> <div>Turkey w/Gravy*5616</div> <div>Sage Bread Stuffing27283</div> <div>Butternut Squash2132</div> <div>Wheat Bread1790</div> <div>Apple Slices w/Cinnamon119</div> <div>Total Sodium (mg): 1185</div> <div>Carbs (g): 95; Calories: 636</div>          |  |  |
| <div>11</div> <div>CarbSod</div> <div>gmg</div> <div>Baked Ziti*43744</div> <div>Green Beans93</div> <div>Garlic Knot15134</div> <div>Mixed Fruit153</div> <div>Total Sodium (mg): 1039</div> <div>Carbs (g): 95; Calories: 724</div>                                                                                                              |  |  | <div>12</div> <div>CarbSod</div> <div>gmg</div> <div>BBQ Pulled Pork10442</div> <div>Baked Beans29140</div> <div>California Blend Veg630</div> <div>Hamburger Bun22212</div> <div>Peaches148</div> <div>Total Sodium (mg): 987</div> <div>Carbs (g): 94; Calories: 767</div>                          |  |  | <div>13</div> <div>CarbSod</div> <div>gmg</div> <div>Summer Special</div> <div>Breaded Chicken14501</div> <div>Hamburger Bun22212</div> <div>Honey Mustard Sauce1694</div> <div>Sweet Potato Wedges28200</div> <div>Coleslaw1245</div> <div>Watermelon132</div> <div>Total Sodium (mg): 1209</div> <div>Carbs (g): 117; Calories: 792</div> |  |  | <div>14</div> <div>CarbSod</div> <div>gmg</div> <div>Black Bean &amp; BarleyChili*57665</div> <div>Fiesta Blend Veg1424</div> <div>Dinner Roll17180</div> <div>Fresh Fruit201</div> <div>(Cheese on side)</div> <div>Total Sodium (mg): 1025</div> <div>Carbs (g): 121; Calories: 725</div>      |  |  | <div>15</div> <div>CarbSod</div> <div>gmg</div> <div>Meatloaf w/Mushroom Gravy4116</div> <div>Garlic Mashed Potatoes4448</div> <div>Root Vegetables1034</div> <div>Wheat Bread1790</div> <div>Chocolate Pudding30195</div> <div>Total Sodium (mg): 772</div> <div>Carbs (g): 120; Calories: 1029</div> |  |  |
| <div>18</div> <div>CarbSod</div> <div>gmg</div> <div>Meatball Sub w/Chicken Meatballs5210</div> <div>Tomato Sauce &amp; Provolone4352</div> <div>Sub Roll19218</div> <div>Italian Roasted Potatoes236</div> <div>Italian Blend Veg819</div> <div>Tropical Fruit171</div> <div>Total Sodium (mg): 961</div> <div>Carbs (g): 90; Calories: 800</div> |  |  | <div>19</div> <div>CarbSod</div> <div>gmg</div> <div>Frittata w/Broccoli &amp; Mushroom7363</div> <div>O'Brien Potatoes1439</div> <div>Stewed Tomatoes13251</div> <div>Wheat Bread1790</div> <div>Mandarin Oranges187</div> <div>Total Sodium (mg): 905</div> <div>Carbs (g): 82; Calories: 614</div> |  |  | <div>20</div> <div>CarbSod</div> <div>gmg</div> <div>Potato Crunch Pollock20337</div> <div>Root Vegetables1034</div> <div>Roman Blend Veg533</div> <div>Dinner Roll17180</div> <div>Vanilla Pudding34174</div> <div>Total Sodium (mg): 912</div> <div>Carbs (g): 99; Calories: 852</div>                                                    |  |  | <div>21</div> <div>CarbSod</div> <div>gmg</div> <div>Pot Roast w/Gravy4131</div> <div>Mashed Potatoes4668</div> <div>Peas &amp; Carrots1282</div> <div>Rye Bread13150</div> <div>Cupcake29170</div> <div>Total Sodium (mg): 757</div> <div>Carbs (g): 118; Calories: 882</div>                   |  |  | <div>22</div> <div>CarbSod</div> <div>gmg</div> <div>Chicken a'la King15319</div> <div>Buttered Noodles2935</div> <div>Tuscany Blend Veg647</div> <div>Multigrain Bread14150</div> <div>Fresh Fruit201</div> <div>Total Sodium (mg): 1092</div> <div>Carbs (g): 105; Calories: 641</div>               |  |  |
| <div>25</div> <div>CarbSod</div> <div>gmg</div> <div>Macaroni &amp; Cheese*46694</div> <div>Broccoli612</div> <div>Dinner Roll17180</div> <div>Applesauce1214</div> <div>Total Sodium (mg): 1056</div> <div>Carbs (g): 95; Calories: 822</div>                                                                                                     |  |  | <div>26</div> <div>CarbSod</div> <div>gmg</div> <div>Chicken &amp; Rice Bake21369</div> <div>Green Beans93</div> <div>Multigrain Bread14150</div> <div>Tapioca Pudding27195</div> <div>Total Sodium (mg): 873</div> <div>Carbs (g): 83; Calories: 672</div>                                           |  |  | <div>27</div> <div>CarbSod</div> <div>gmg</div> <div>Beef Sloppy Joe8174</div> <div>Hamburger Bun22212</div> <div>Sweet Potato Tots18120</div> <div>Spinach6145</div> <div>Fresh Fruit (Orange)180</div> <div>Total Sodium (mg): 806</div> <div>Carbs (g): 66; Calories: 635</div>                                                          |  |  | <div>28</div> <div>CarbSod</div> <div>gmg</div> <div>Chicken Fajitas184</div> <div>Rice &amp; Beans4169</div> <div>Onions &amp; Peppers13108</div> <div>Tortilla14170</div> <div>Mandarin Oranges187</div> <div>Total Sodium (mg): 593</div> <div>Carbs (g): 101; Calories: 771</div>            |  |  | <div>29</div> <div>CarbSod</div> <div>gmg</div> <div>Mixed Bean &amp; Veg Stew*54683</div> <div>Cauliflower517</div> <div>Wheat Bread1790</div> <div>Fig Bar30149</div> <div>Total Sodium (mg): 1094</div> <div>Carbs (g): 118; Calories: 673</div>                                                    |  |  |

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.