

LIFEPATH Congregate Lunch Meals- June 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		
2	Carb	Sod	3	Carb	Sod	4	Carb	Sod	5	Carb	Sod	6	Carb	Sod
	g	mg		g	mg		g	mg		g	mg		g	mg
Macaroni & Cheese* 1 cup	46	694	Chicken & Rice Bake 1cup	21	369	Sloppy Joe Sandwich w/			Chicken Fajitas 1/2 cup	10	281	Mixed Bean &		
Broccoli	6	12	Green Beans	9	3	Sloppy Joe 1/2 cup	8	175	Rice & Beans	41	69	Vegetable Stew* 10oz	54	683
Dinner Roll	17	180	Multigrain Bread	14	150	& Hamburger Roll	22	212	Peppers & Onions	13	108	Cauliflower	5	17
Applesauce	12	14	Tapioca Pudding	27	195	Sweet Potato Tots (6 pc)	18	120	Tortilla	14	170	Wheat Bread	17	90
						Spinach	6	145	Pears	15	5	Fig Bar	30	149
						Fresh Fruit (Orange)	18	0						
Total Sodium (mg): 1056			Total Sodium (mg): 873			Total Sodium (mg): 806			Total Sodium (mg): 788			Total Sodium (mg): 1094		
Carbs (g): 95; Calories: 822			Carbs (g): 83; Calories: 672			Carbs (g): 84; Calories: 705			Carbs (g): 106; Calories: 859			Carbs (g): 118; Calories: 673		
9	Carb	Sod	10	Carb	Sod	11	Carb	Sod	12	Carb	Sod	13	Carb	Sod
	g	mg		g	mg		g	mg		g	mg		g	mg
Honey Mustard Chicken	15	473	Pollock w/	0	180	Beef Stroganoff 3/4 cup	4	192	Father's Day Special			Lasagna w/ Tomato Sce*	32	557
Sweet Potatoes	27	28	Scampi Sauce	5	129	Buttered Noodles	29	35	Italian Sausage Sub* w/			Italian Green Beans	9	3
Jardinere Style Vegetables	11	32	Creamy Parm Polenta	39	191	Brussels Sprouts	9	17	Sausage, Peppers, Onions	1	851	Garlic Knot Roll	15	134
Multigrain Bread	14	150	Riviera Blend Veg	8	8	Wheat Bread	17	90	Mustard & Roll	24	235	Peaches	14	8
Chocolate Pudding	30	195	Rye Bread	13	150	Brownie	20	132	Potato Wedges	20	27			
			Fresh Fruit	20	1				Italian Blend Veg	8	19			
									Blueberry Parfait	39	170			
Total Sodium (mg): 1032			Total Sodium (mg): 814			Total Sodium (mg): 621			Total Sodium (mg): 1497			Total Sodium (mg): 857		
Carbs (g): 109; Calories: 788			Carbs (g): 98; Calories: 657			Carbs (g): 92; Calories: 739			Carbs (g): 106; Calories: 929			Carbs (g): 83; Calories: 607		
16	Carb	Sod	17	Carb	Sod	18	Carb	Sod	19	Juneteenth Holiday No Meals Served 		20	Carb	Sod
	g	mg		g	mg		g	mg					g	mg
Unstuffed Pepper & Beef Casserole 8oz	19	224	Lemon Chicken w/ Peas	8	297	Vegetarian Lentil Stew	43	58				Pork w/		
Peas & Pearl Onions	15	76	Quinoa Pilaf	25	56	Root Vegetables	10	34				Rosemary Balsamic Sauce	6	446
Wheat Bread	17	90	Spring/Summer Veg Blend	11	68	Oat Bread	25	115				Italian Red Potatoes	14	16
Fresh Fruit	20	1	Dinner Roll	17	180	Vanilla Pudding	34	174				Ratatouille	5	116
			Chocolate Chip Cookie	12	60	(cheese on side)						Multigrain Bread	14	150
Total Sodium (mg): 546			Total Sodium (mg): 816			Total Sodium (mg): 536						Tropical Fruit	17	1
Carbs (g): 83; Calories: 752			Carbs (g): 86; Calories: 722			Carbs (g): 125; Calories: 797						Total Sodium (mg): 883		
23	Carb	Sod	24	Carb	Sod	25	Carb	Sod	26	Carb	Sod	27	Carb	Sod
	g	mg		g	mg		g	mg		g	mg		g	mg
Chicken Marsala	16	399	Potato Crunch Fish	20	337	Penne Pasta w/	28	4	Broccoli Egg Bake 6oz	15	475	Beef Pot Roast w/Gravy	4	131
Italian Red Potatoes	14	16	Quinoa Pilaf	25	56	Chicken Meatballs (3)	5	210	Home Fries	20	30	Mashed Potatoes	46	68
Spinach	6	145	Broccoli & Cauliflower	6	14	& Tomato Wine Sauce	4	87	Stewed Tomatoes	13	251	Carrots	9	77
Wheat Bread	17	90	Multigrain Bread	14	150	Italian Blend Veg	8	19	Rye Bread	13	150	Dinner Roll	17	180
Tropical Fruit	17	1	Oatmeal Raisin Cookie	12	75	Dinner Roll	17	180	Applesauce	12	14	Chocolate Pudding	30	195
						Fresh Fruit (Orange)	18	0						
Total Sodium (mg): 804			Total Sodium (mg): 787			Total Sodium (mg): 656			Total Sodium (mg): 1075			Total Sodium (mg): 806		
Carbs (g): 83; Calories: 692			Carbs (g): 89; Calories: 814			Carbs (g): 94; Calories: 688			Carbs (g): 86; Calories: 678			Carbs (g): 119; Calories: 885		
30	Carb	Sod				Suggested Voluntary Confidential Donation is \$3.50 per Meal Please Note that Only 1% Milk is Currently Available From the Supplier			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					
	g	mg												
Mixed Bean & Vegetable Stew*	54	683												
Cauliflower	5	17												
Dinner Roll	17	180												
Brownie	20	132												
Total Sodium (mg): 1167														
Carbs (g): 108; Calories: 629														

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.