

LIFEPATH Home Delivered Lunch Meals- June 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											
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*				46				694				Chicken & Rice Bake				21				369							
Broccoli				6				12				Sloppy Joe				8				175							
Dinner Roll				17				180				& Hamburger Roll				22				212							
Applesauce				12				14				Sweet Potato Tots				18				120							
												Spinach				6				145							
												Fresh Fruit (Orange)				18				0							
Total Sodium (mg): 1056												Total Sodium (mg): 873															
Carbs (g): 95; Calories: 822												Carbs (g): 83; Calories: 672															
9	Carb		Sod	10	Carb		Sod	11	Carb		Sod	12	Carb		Sod	13	Carb		Sod								
	g	mg			g	mg			g	mg		Father's Day Special	g	mg			g	mg									
Honey Mustard Chicken				15				473				Pollock w/				0				180							
Sweet Potatoes				27				28				Scampi Sauce				5				129							
Jardinere Style Vegetables				11				32				Creamy Parm Polenta				39				191							
Multigrain Bread				14				150				Riviera Blend Veg				8				8							
Chocolate Pudding				30				195				Rye Bread				13				150							
												Fresh Fruit				20				1							
Total Sodium (mg): 1032												Total Sodium (mg): 814															
Carbs (g): 109; Calories: 788												Carbs (g): 98; Calories: 657															
16	Carb		Sod	17	Carb		Sod	18	Carb		Sod	19	Juneteenth Holiday		20	Carb		Sod									
	g	mg			g	mg			g	mg						g	mg										
Unstuffed Pepper & Beef Casserole				19				224							Lemon Chicken w/ Peas				8				297				
Peas & Pearl Onions				15				76							Quinoa Pilaf				25				56				
Wheat Bread				17				90							Spring/Summer Veg Blend				11				68				
Fresh Fruit				20				1							Dinner Roll				17				180				
												Chocolate Chip Cookie				12				60							
Total Sodium (mg): 546												Total Sodium (mg): 816															
Carbs (g): 83; Calories: 752												Carbs (g): 86; Calories: 722															
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							
Italian Red Potatoes				14				16				Quinoa Pilaf				25				56							
Spinach				6				145				Broccoli & Cauliflower				6				14							
Wheat Bread				17				90				Multigrain Bread				14				150							
Tropical Fruit				17				1				Oatmeal Raisin Cookie				12				75							
Total Sodium (mg): 804												Total Sodium (mg): 787															
Carbs (g): 83; Calories: 692												Carbs (g): 89; Calories: 814															
30	Carb		Sod					Suggested Voluntary Confidential Donation is \$3.50 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															
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 > 500mg. Meals with ≥1200mg sodium are considered High Sodium Meals. Due to availability, menu subject to change without notice.