


LIFEPATH Congregate Lunch Meals- March 2024

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 2, 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																																																																																																																																													
Suggested Voluntary Confidential Donation is \$3 per Meal	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	<i>Please Note that Only 1% Milk is Currently Available From the Supplier</i>		1 <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 80%;"></th> <th style="width: 10%;">Carb</th> <th style="width: 10%;">Sod</th> </tr> </thead> <tbody> <tr> <td></td> <td style="text-align: center;">g</td> <td style="text-align: center;">mg</td> </tr> <tr> <td>Wild Salmon w/</td> <td style="text-align: center;">0</td> <td style="text-align: center;">67</td> </tr> <tr> <td>Honey Mustard Sauce 2oz</td> <td style="text-align: center;">32</td> <td style="text-align: center;">187</td> </tr> <tr> <td>Potatoes w/ Pep & Onions</td> <td style="text-align: center;">17</td> <td style="text-align: center;">10</td> </tr> <tr> <td>Mixed Vegetables</td> <td style="text-align: center;">16</td> <td style="text-align: center;">56</td> </tr> <tr> <td>Dinner Roll</td> <td style="text-align: center;">17</td> <td style="text-align: center;">180</td> </tr> <tr> <td>Fresh Fruit (Orange)</td> <td style="text-align: center;">18</td> <td style="text-align: center;">0</td> </tr> <tr> <td colspan="3" style="text-align: right;">Total Sodium (mg): 659</td> </tr> <tr> <td colspan="3" style="text-align: right;">Carbs (g): 112; Calories: 654</td> </tr> </tbody> </table>		Carb	Sod		g	mg	Wild Salmon w/	0	67	Honey Mustard Sauce 2oz	32	187	Potatoes w/ Pep & Onions	17	10	Mixed Vegetables	16	56	Dinner Roll	17	180	Fresh Fruit (Orange)	18	0	Total Sodium (mg): 659			Carbs (g): 112; Calories: 654																																																																																																																	
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Parsley Potatoes	23	8																																																																																																																																															
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Pineapple Whip Pudding	24	87																																																																																																																																															
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Mixed Fruit	15	3																																																																																																																																															
Total Sodium (mg): 658																																																																																																																																																	
Carbs (g): 102; Calories: 677																																																																																																																																																	

Sodium and Carbohydrate Levels are listed next to each individual menu item. Meals are based on a No Added Salt (3000 - 4000mg sodium diet) for healthy older adults.

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.