


## LIFEPATH Home Delivered Lunch Meals- March 2024

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																																																																																														
<b>Suggested Voluntary Confidential Donation is \$3 per Meal</b>	<b>ALL MEALS INCLUDE: 8 OZ 1% MILK containing: 130 mg Sodium, 110 Calories, &amp; 13 g Carbohydrates AND 1 pat of Margarine Containing 30 mg Sodium &amp; 30 Calories</b>  <b>Sodium, Calories, &amp; Carbs included in daily totals</b>	<i>Please Note that Only 1% Milk is Currently Available From the Supplier</i>		<b>1</b> <table style="margin-left: auto; margin-right: auto;"> <tr> <th style="width: 10%;">Carb</th> <th style="width: 10%;">Sod</th> </tr> <tr> <td style="text-align: center;">g</td> <td style="text-align: center;">mg</td> </tr> <tr> <td>Wild Salmon w/ Honey Mustard Sauce</td> <td style="text-align: right;">0 67</td> </tr> <tr> <td>Potatoes w/ Pep &amp; Onions</td> <td style="text-align: right;">32 187</td> </tr> <tr> <td>Mixed Vegetables</td> <td style="text-align: right;">17 10</td> </tr> <tr> <td>Dinner Roll</td> <td style="text-align: right;">16 56</td> </tr> <tr> <td>Fresh Fruit (Orange)</td> <td style="text-align: right;">17 180</td> </tr> <tr> <td></td> <td style="text-align: right;">18 0</td> </tr> <tr> <td colspan="2" style="text-align: right;">Total Sodium (mg): 659</td> </tr> <tr> <td colspan="2" style="text-align: right;">Carbs (g): 112; Calories: 654</td> </tr> </table>	Carb	Sod	g	mg	Wild Salmon w/ Honey Mustard Sauce	0 67	Potatoes w/ Pep & Onions	32 187	Mixed Vegetables	17 10	Dinner Roll	16 56	Fresh Fruit (Orange)	17 180		18 0	Total Sodium (mg): 659		Carbs (g): 112; Calories: 654																																																																											
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**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 > 500mg. Meals with ≥1200mg sodium are considered High Sodium Meals. Due to availability, menu subject to change without notice.