



LIFEPATH Congregate Lunch Meals- March 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 978-249-9656, Shelburne 413-625-6266, South County 413-665-5063.

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
3	Carb	Sod	4	Carb	Sod	5	Carb	Sod	6	Carb	Sod	7	Carb	Sod
	g	mg		g	mg		g	mg		g	mg		g	mg
Meatball Sub w/	5	210	Broccoli & Mushroom			Potato Crunch Pollock	20	337	Beef Pot Roast w/ Gravy	4	131	Macaroni & Cheese*	78	777
3 Chicken Meatballs	4	352	Frittata	11	389	Brown Rice Pilaf	40	104	Mashed Potatoes	46	68	Broccoli	6	12
Tom Sce 2oz & Provolone	19	218	O'Brien Potatoes	14	39	Roman Blend Veg	5	33	Peas & Carrots	12	82	Wheat Dinner Roll	17	180
Sub Roll	23	6	Stewed Tomatoes	13	251	Wheat Dinner Roll	17	180	Rye Bread	13	150	Applesauce	12	14
Italian Roasted Potatoes	8	19	Wheat Bread	17	90	Vanilla Pudding	34	174	Cupcake	29	170			
Italian Blend Vegetables	17	1	Mandarin Oranges	18	7									
Tropical Fruit														
Total Sodium (mg): 961			Total Sodium (mg): 931			Total Sodium (mg): 983			Total Sodium (mg): 757			Total Sodium (mg): 1138		
Carbs (g): 90; Calories: 800			Carbs (g): 86; Calories: 610			Carbs (g): 129; Calories: 997			Carbs (g): 118; Calories: 882			Carbs (g): 126; Calories: 731		
10	Carb	Sod	11	Carb	Sod	12	Carb	Sod	13	Carb	Sod	14	Carb	Sod
	g	mg		g	mg		g	mg		g	mg		g	mg
Chicken A'La King*	13	578	Chicken & Rice Bake 1cup	21	369	St. Patricks Day Special			Chicken Fajitas	10	281	Mixed Bean &		
Buttered Noodles	29	35	Green Beans	9	3	Corned Beef Stew*	17	810	Rice & Beans	41	69	Vegetable Stew* 10oz	54	683
Tuscany Blend Veg	6	47	Multigrain Bread	14	150	Boiled Parsley Potatoes	23	27	Brussels Sprouts	9	17	Cauliflower	17	5
Multigrain Bread	14	150	Tapioca Pudding	27	195	Wheat Bread	17	90	Tortilla	14	170	Wheat Bread	17	90
Fresh Fruit	20	1				Boston Cream Cup	42	309	Pears	15	5	Fig Bar	30	149
Total Sodium (mg): 966			Total Sodium (mg): 873			Total Sodium (mg): 1391			Total Sodium (mg): 697			Total Sodium (mg): 1093		
Carbs (g): 96; Calories: 707			Carbs (g): 83; Calories: 672			Carbs (g): 111; Calories: 798			Carbs (g): 102; Calories: 847			Carbs (g): 118; Calories: 673		
17	Carb	Sod	18	Carb	Sod	19	Carb	Sod	20	Carb	Sod	21	Carb	Sod
	g	mg		g	mg		g	mg		g	mg		g	mg
Honey Mustard			Pollock 4oz w/	0	180	Beef Stroganoff 8oz	4	192	Turkey Pot Pie 8oz	18	414	Lasagna w/ Tomato*	32	557
Chicken 5oz	15	473	Scampi Sauce 2oz	3	86	Buttered Noodles	29	35	Harvard Beets	18	238	Italian Green Beans	9	3
Whipped Sweet Potatoes	27	28	Creamy Parm Polenta	39	191	Brussels Sprouts	9	17	Wheat Dinner Roll	17	180	Garlic Knot Roll	15	134
Jardinere Blend Veg	11	32	Riviera Blend Veg	8	8	Wheat Bread	17	90	Mandarin Oranges	18	7	Peaches	14	8
Multigrain Bread	14	150	Rye Bread	13	150	Brownie	20	132						
Chocolate Pudding	30	195	Fresh Fruit	20	1									
Total Sodium (mg): 1032			Total Sodium (mg): 771			Total Sodium (mg): 621			Total Sodium (mg): 993			Total Sodium (mg): 857		
Carbs (g): 109; Calories: 788			Carbs (g): 96; Calories: 647			Carbs (g): 92; Calories: 739			Carbs (g): 84; Calories: 616			Carbs (g): 83; Calories: 607		
24	Carb	Sod	25	Carb	Sod	26	Carb	Sod	27	Carb	Sod	28	Carb	Sod
	g	mg		g	mg		g	mg		g	mg		g	mg
Unstuffed Beef &			Lemon Chicken			Rosemary Balsamic			Stuffed Shells (2)			Vegetarian Lentil Stew 8oz	45	487
Pepper Casserole 8oz	19	224	w/ Peas 5oz	8	297	Pork 3oz	6	446	w/ Tomato Sauce* 3oz	32	632	Root Vegetables	10	34
Peas & Onions	15	76	Quinoa Pilaf	25	56	Italian Roasted R Potatoes	14	16	California Blend Veg	6	30	Oat Bread	25	115
Wheat Bread	17	90	Spring Sum Blend Veg	11	68	Ratatouille	5	116	Wheat Dinner Roll	17	180	Vanilla Pudding	34	174
Fresh Fruit	20	1	Dinner Roll	15	132	Multigrain Bread	14	150	Applesauce	12	14	(Cheese on the slide)		
			Chocolate Chip Cookie	12	60	Tropical Fruit	17	1						
Total Sodium (mg): 546			Total Sodium (mg): 769			Total Sodium (mg): 883			Total Sodium (mg): 1010			Total Sodium (mg): 964		
Carbs (g): 83; Calories: 752			Carbs (g): 84; Calories: 720			Carbs (g): 68; Calories: 755			Carbs (g): 81; Calories: 550			Carbs (g): 127; Calories: 924		
31	Carb	Sod				<p>Suggested Voluntary Confidential Donation is \$3.50 per Meal</p> <p><i>Please Note that Only 1% Milk is Currently Available From the Supplier</i></p>						<p>ALL MEALS INCLUDE:</p> <p>8 OZ 1% MILK containing:</p> <p>130 mg Sodium, 110 Calories, & 13 g Carbohydrates</p> <p>AND 1 pat of Margarine Containing</p> <p>30 mg Sodium & 30 Calories</p> <p>Sodium, Calories, & Carbs included in daily totals</p>		
	g	mg												
Chicken Marsala	16	399												
Italian Roasted R Potatoes	14	16												
Spinach	6	145												
Wheat Bread	17	90												
Tropical Fruit	17	1												
Total Sodium (mg): 804														
Carbs (g): 83; Calories: 692														

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.