

LIFEPATH Congregate Lunch Meals- May 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						
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						1			Carb	Sod	2			Carb	Sod
												g	mg				g	mg
									Swedish Meatballs 6oz			7	269	White Bean & Spinach				
									Buttered Noodles			29	35	Stew* 1 cup			46	753
						Brussels Sprouts			9	17	Green Beans			9	3			
						Wheat Bread			17	90	Wheat Dinner Roll			17	180			
						Fig Bar			30	149	Fresh Fruit			20	1			
									Total Sodium (mg): 714			Total Sodium (mg): 1092						
									Carbs (g): 105; Calories: 794			Carbs (g): 105; Calories: 641						
5	Carb	Sod	6	Carb	Sod	7	Carb	Sod	8	Carb	Sod	9	Carb	Sod				
	g	mg		g	mg		g	mg	Mother's Day Special	g	mg		g	mg				
Hot dog*	3	540	Chicken Souvlaki	3	456	Stuffed Shells (2)	24	228	Tuscan Turkey Orzo			Macaroni & Cheese* 1 cup	46	694				
Baked Beans	29	140	Seasoned Orzo	32	32	w/Tomato Sauce 3oz	6	354	Casserole*	33	681	Zucchini & Tomatoes	6	64				
Cabbage & Carrots	8	49	Spring/Summer Blend Veg	11	68	Roman Blend Veg	5	33	Beets	9	185	Wheat Bread	17	90				
Hot Dog Roll	21	210	Multigrain Bread	14	150	Garlic Knot Roll	15	134	Oatmeal Bread	24	140	Mandarin Oranges	18	7				
Peaches	14	8	Brownie	20	132	Fresh Fruit	20	1	Chocolate Trifle Pudding	34	277							
Relish	4	81																
Total Sodium (mg): 1183			Total Sodium (mg): 993			Total Sodium (mg): 905			Total Sodium (mg): 1438			Total Sodium (mg): 1011						
Carbs (g): 90; Calories: 774			Carbs (g): 93; Calories: 809			Carbs (g): 84; Calories: 584			Carbs (g): 112; Calories: 893			Carbs (g): 101; Calories: 841						
12	Carb	Sod	13	Carb	Sod	14	Carb	Sod	15	Carb	Sod	16	Carb	Sod				
	g	mg		g	mg		g	mg		g	mg		g	mg				
Lentil Stew 1 cup	43	58	Chicken Stir Fry 9oz	12	460	Spinach & Red Pepper			Pollock w/	0	180	Roast Turkey w/Gravy*	5	616				
Roasted Potatoes	22	5	Fried Rice	13	262	Frittata 1 cup	9	300	Dijon Wine Sauce 2oz	9	190	Sage Stuffing	27	283				
Cauliflower	5	17	Wheat Bread	17	90	Red Bliss Potatoes	18	24	Couscous	25	5	Butternut Squash	21	32				
Multigrain Bread	14	150	Fresh Fruit	20	1	Brussels Sprouts	9	17	Peas & Pearl Onions	15	76	Dinner Roll	15	132				
Chocolate Chip Cookie (cheese on side)	12	60				Oat Bread	25	115	Wheat Bread	17	90	Apple Slices w/Cinnamon	11	9				
						Yogurt	19	75	Pears	15	5							
Total Sodium (mg): 446			Total Sodium (mg): 968			Total Sodium (mg): 685			Total Sodium (mg): 700			Total Sodium (mg): 1197						
Carbs (g): 109; Calories: 676			Carbs (g): 75; Calories: 561			Carbs (g): 93; Calories: 667			Carbs (g): 93; Calories: 634			Carbs (g): 92; Calories: 604						
19	Carb	Sod	20	Carb	Sod	21	Carb	Sod	22	Carb	Sod	23	Carb	Sod				
	g	mg		g	mg		g	mg		g	mg		g	mg				
Baked Ziti* 10oz	43	744	BBQ Pulled Pork 5oz	10	442	Greek Chicken 5oz	9	479	Black Bean &			Meatloaf w/	4	116				
Green Beans	9	3	Baked Beans	29	140	Seasoned Orzo	32	32	Barley Chili* 3/4 cup	57	665	Mushroom Gravy 2oz	2	90				
Garlic Knot Roll	15	134	Broccoli	6	12	Riviera Blend Veg	8	8	Fiesta Blend Veg	14	24	Garlic Mashed Potatoes	44	48				
Mixed Fruit	15	3	Hamburger Bun	22	216	Multigrain Bread	14	150	Wheat Dinner Roll	17	180	Root Vegetables	10	34				
			Peaches	14	8	Oatmeal Raisin Cookie	12	75	Fresh Fruit (cheese on side)	20	1	Wheat Bread	17	90				
												Chocolate Pudding	30	195				
Total Sodium (mg): 1039			Total Sodium (mg): 970			Total Sodium (mg): 899			Total Sodium (mg): 1025			Total Sodium (mg): 727						
Carbs (g): 95; Calories: 724			Carbs (g): 94; Calories: 767			Carbs (g): 89; Calories: 699			Carbs (g): 121; Calories: 725			Carbs (g): 118; Calories: 1020						
26	Carb	Sod	27	Carb	Sod	28	Carb	Sod	29	Carb	Sod	30	Carb	Sod				
	g	mg		g	mg		g	mg		g	mg		g	mg				
Memorial Day Holiday			Broccoli & Mushroom			Potato Crunch Pollock	20	337	Beef Pot Roast w/Gravy	4	131	Chicken a'La King 3/4cup	15	319				
			Frittata 1 cup	7	363	Brown Rice Pilaf	40	104	Mashed Potatoes	46	68	Buttered Noodles	29	35				
No Meals Served			O'Brien Potatoes	14	39	Roman Blend Veg	5	33	Peas & Carrots	12	82	Tuscany Blend Veg	6	47				
			Stewed Tomatoes	13	251	Wheat Dinner Roll	17	180	Rye Bread	13	150	Multigrain Bread	14	150				
			Wheat Bread	17	90	Vanilla Pudding	34	174	Cupcake	29	170	Fresh Fruit	20	1				
			Mandarin Oranges	18	7													

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.