

LIFEPATH Home Delivered Lunch Meals- May 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											
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, AND 1 pat of Margarine Containing 30 mg Sodium & 30 Calories Sodium, Calories, & Carbs included in daily totals						1 CarbSod gmg Swedish Meatballs7269 Buttered Noodles2935 Brussels Sprouts917 Wheat Bread1790 Fig Bar30149 Total Sodium (mg): 714 Carbs (g): 105; Calories: 794			2 CarbSod gmg White Bean & Spinach Stew*46753 Green Beans93 Wheat Dinner Roll17180 Fresh Fruit201 Total Sodium (mg): 1092 Carbs (g): 105; Calories: 641											
									5 CarbSod gmg Hot dog*3540 Baked Beans29140 Cabbage & Carrots849 Hot Dog Roll21210 Peaches148 Relish481 Total Sodium (mg): 1183 Carbs (g): 90; Calories: 774			6 CarbSod gmg Chicken Souvlaki3456 Seasoned Orzo3232 Spring/Summer Blend Veg1168 Multigrain Bread14150 Brownie20132 Total Sodium (mg): 993 Carbs (g): 93; Calories: 809			7 CarbSod gmg Stuffed Shells (2) w/Tomato Sauce24228 Roman Blend Veg533 Garlic Knot Roll15134 Fresh Fruit201 Total Sodium (mg): 905 Carbs (g): 84; Calories: 584			8 CarbSod gmg Mother's Day Special Tuscan Turkey Orzo Casserole*33681 Beets9185 Oatmeal Bread24140 Chocolate Trifle Pudding34277 Total Sodium (mg): 1438 Carbs (g): 112; Calories: 893			9 CarbSod gmg Macaroni & Cheese*46694 Zucchini & Tomatoes664 Wheat Bread1790 Mandarin Oranges187 Total Sodium (mg): 1011 Carbs (g): 101; Calories: 841		
									12 CarbSod gmg Lentil Stew4358 Roasted Potatoes225 Cauliflower5217 Multigrain Bread14150 Chocolate Chip Cookie1260 Total Sodium (mg): 446 Carbs (g): 109; Calories: 676			13 CarbSod gmg Chicken Stir Fry12460 Fried Rice13262 Wheat Bread1790 Fresh Fruit201 Total Sodium (mg): 968 Carbs (g): 75; Calories: 561			14 CarbSod gmg Spinach & Red Pepper Frittata9300 Red Bliss Potatoes1824 Brussels Sprouts917 Oat Bread25115 Yogurt1975 Total Sodium (mg): 685 Carbs (g): 93; Calories: 667			15 CarbSod gmg Pollock w/ Dijon Wine Sauce9190 Couscous255 Peas & Pearl Onions1576 Wheat Bread1790 Pears155 Total Sodium (mg): 700 Carbs (g): 93; Calories: 634			16 CarbSod gmg Roast Turkey w/Gravy*5616 Sage Stuffing27283 Butternut Squash2132 Dinner Roll15132 Apple Slices w/Cinnamon119 Total Sodium (mg): 1197 Carbs (g): 92; Calories: 604		
									19 CarbSod gmg Baked Ziti*43744 Green Beans93 Garlic Knot Roll15134 Mixed Fruit153 Total Sodium (mg): 1039 Carbs (g): 95; Calories: 724			20 CarbSod gmg BBQ Pulled Pork10442 Baked Beans29140 Broccoli612 Hamburger Bun22216 Peaches148 Total Sodium (mg): 970 Carbs (g): 94; Calories: 767			21 CarbSod gmg Greek Chicken9479 Seasoned Orzo3232 Riviera Blend Veg88 Multigrain Bread14150 Oatmeal Raisin Cookie1275 Total Sodium (mg): 899 Carbs (g): 89; Calories: 699			22 CarbSod gmg Black Bean & Barley Chili*57665 Fiesta Blend Veg1424 Wheat Dinner Roll17180 Fresh Fruit201 Total Sodium (mg): 1025 Carbs (g): 121; Calories: 725			23 CarbSod gmg Meatloaf w/ Mushroom Gravy4116 Garlic Mashed Potatoes4448 Root Vegetables1034 Wheat Bread1790 Chocolate Pudding30195 Total Sodium (mg): 727 Carbs (g): 118; Calories: 1020		
26 Memorial Day Holiday No Meals Served 			27 CarbSod gmg Broccoli & Mushroom Frittata7363 O'Brien Potatoes1439 Stewed Tomatoes13251 Wheat Bread1790 Mandarin Oranges187 Total Sodium (mg): 905 Carbs (g): 82; Calories: 614			28 CarbSod gmg Potato Crunch Pollock20337 Brown Rice Pilaf40104 Roman Blend Veg533 Wheat Dinner Roll17180 Vanilla Pudding34174 Total Sodium (mg): 983 Carbs (g): 129; Calories: 997			29 CarbSod gmg Beef Pot Roast w/Gravy4131 Mashed Potatoes4668 Peas & Carrots1282 Rye Bread13150 Cupcake29170 Total Sodium (mg): 757 Carbs (g): 118; Calories: 882			30 CarbSod gmg Chicken a'La King15319 Buttered Noodles2935 Tuscany Blend Veg647 Multigrain Bread14150 Fresh Fruit201 Total Sodium (mg): 706 Carbs (g): 98; Calories: 787											

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.