





LIFEPATH CONGREGATE LUNCH MENU - NOVEMBER 2023

Suggested Voluntary Confidential Donation is \$3.00 per meal

PLEASE CALL YOUR MEAL SITE BEFORE 9:30AM ONE SERVING DAY AHEAD TO ORDER OR CANCEL A MEAL.

Athol 978-249-9001, Bernardston 413-648-5319, Charlemonst 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																										
ALL MEALS INCLUDE: 8 oz 2% Milk containing 130 mg Sodium, 130 Calories, & 13 g Carbs AND 1 pat of MARGARINE containing 30 mg Sodium & 30 Calories Sodium, Calories, & Carbs included in totals for each meal						1 Black Bean & Barley Chili* 6oz Shredded Cheese 1oz Brown Rice Green Beans Wheat Bread Fresh Fruit			Carbs g 59 0.9 24.2 8.6 17 20			Sod. mg 614 185 4 3 90 1			2 Sweet & Sour Meatballs 5oz White Rice Asian Blend Vegetables Oatmeal Bread Applesauce			Carbs g 14.4 21.8 7.1 24 12.1			Sod. mg 480 5 9 140 14			3 Beef Pot Roast w/ Gravy Mashed Potatoes Peas & Carrots Dinner Roll Tapioca Pudding			Carbs g 4.1 46.2 12.3 17 27.2			Sod. mg 120 68 82 180 183								
			Total Sodium (mg): 813			Total Sodium (mg): 790			Total Sodium (mg): 1058			Total Sodium (mg): 808			Total Sodium (mg): 792																							
			Carbs (g): 136; Calories: 945			Carbs (g): 90; Calories: 803			Carbs (g): 143; Calories: 1054			Carbs (g): 92; Calories: 696			Carbs (g): 120; Calories: 863																							
6 American Chop Suey 10oz Tuscany Blend Vegetables Dinner Roll Mandarin Oranges			Carbs g 81.2 6.3 17 18.4			Sod. mg 449 47 180 7			7 Spinach & Red Pepper Frittata 8oz Potato Wedges Spinach Wheat Bread Chocolate Pudding			Carbs g 4.2 20 6 17 29.6			Sod. mg 175 27 145 90 195			8 Beef Hot Dog* Baked Beans Coleslaw Ketchup, Mustard, Relish Hot Dog Roll Fresh Fruit (no margarine)			Carbs g 3 20 12.1 6.3 43 20			Sod. mg 540 140 45 218 165 1			9 Chicken Cacciatore* 6oz Seasoned Orzo Scandanavian Blend Veg Wheat Bread Oatmeal Raisin Cookie			Carbs g 9.5 32.3 9.2 17 12			Sod. mg 644 38 41 90 75					
Total Sodium (mg): 813			Total Sodium (mg): 790			Total Sodium (mg): 1239			Total Sodium (mg): 1018			VETERANS DAY HOLIDAY NO MEALS SERVED 																										
Carbs (g): 136; Calories: 945			Carbs (g): 90; Calories: 803			Carbs (g): 118; Calories: 892			Carbs (g): 93; Calories: 702																													
13 Macaroni & Cheese* 11oz Broccoli Multigrain Bread Fresh Fruit			Carbs g 87.5 6.1 14 20			Sod. mg 548 12 150 1			14 Cod 4oz w/ Bruschetta Sauce 2oz Herbed White Rice Brussels Sprouts Multigrain Bread Vanilla Pudding			Carbs g 0 2.4 8.6 9.4 14 33.7			Sod. mg 97 30 98 17 150 174			15 Chicken Scallopini 7oz Buttered Noodles Zucchini & Cauliflower Dinner Roll Tropical Fruit			Carbs g 5.4 28.8 4.2 17 17			Sod. mg 289 40 6 180 0			16 Roast Turkey w/ Gravy* 5oz Stuffing 2oz Mashed Potatoes Jardiniere Style Vegetables Wheat Bread Pumpkin Pie			Carbs g 4.9 13.4 46.2 10.5 17 58			Sod. mg 617 165 68 32 90 398					
Total Sodium (mg): 872			Total Sodium (mg): 726			Total Sodium (mg): 675			Total Sodium (mg): 1499			Total Sodium (mg): 562																										
Carbs (g): 141; Calories: 804			Carbs (g): 81; Calories: 719			Carbs (g): 85; Calories: 676			Carbs (g): 163; Calories: 1060			Carbs (g): 85; Calories: 772																										
20 Mediterranean Chicken 5oz Seasoned Orzo California Blend Vegetables Dinner Roll Pears			Carbs g 8.3 32.3 6.4 17 14.7			Sod. mg 489 38 30 180 5			21 Meatball Stroganoff* (3 each) Sour Cream & Chive Potatoes Carrots Multigrain Bread Apple Raisin Compote			Carbs g 7.2 45.3 9 14 20.6			Sod. mg 587 53 77 150 9			22 Alaskan Breaded Pollock Lemon Wedge Rice Pilaf Green Beans & Red Peppers Dinner Roll Fresh Fruit			Carbs g 16 0.7 23.2 10.6 17 20			Sod. mg 190 0 99 4 180 1			23 THANKSGIVING DAY HOLIDAY NO MEALS SERVED 			24 Stuffed Shells* 5oz w/ Chicken Meatball (1 each) Cauliflower Tossed Garden Salad Wheat Bread Chocolate Chip Cookie			Carbs g 32.3 1.8 4.7 4.9 17 12			Sod. mg 632 70 17 168 90 60		
Total Sodium (mg): 901			Total Sodium (mg): 1037			Total Sodium (mg): 635			Total Sodium (mg): 1197			Total Sodium (mg): 1197 Carbs (g): 86; Calories: 682 																										
Carbs (g): 92; Calories: 703			Carbs (g): 109; Calories: 780			Carbs (g): 101; Calories: 758			Carbs (g): 86; Calories: 682																													
27 LIFEPATH ADMINISTRATIVE DAY NO MEALS SERVED 			28 Chicken Diane 5oz Seasoned Orzo Brussels Sprouts Oatmeal Bread Fresh Fruit			Carbs g 3.6 32.3 9.4 24 20			Sod. mg 302 38 17 140 1			29 Lasagna Roll w/ Tomato Sauce 3oz Chicken Meatball (1 each) Broccoli Wheat Bread Cupcake			Carbs g 24 6.1 1.8 6.1 17 29			Sod. mg 290 354 70 12 90 170			30 Beef Pot Roast w/ Gravy Garlic Mashed Potatoes Butternut Squash Dinner Roll Applesauce			Carbs g 4.1 45 20.8 6.1 12			Sod. mg 120 53 32 17 180 14											
Total Sodium (mg): 901			Total Sodium (mg): 1037			Total Sodium (mg): 635			Total Sodium (mg): 1197			Total Sodium (mg): 1146			Total Sodium (mg): 558																							
Carbs (g): 92; Calories: 703			Carbs (g): 103; Calories: 739			Carbs (g): 97; Calories: 777			Carbs (g): 112; Calories: 795			Carbs (g): 112; Calories: 795			Carbs (g): 112; Calories: 795																							

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