

# LIFEPATH Congregate Lunch Meals- September 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                                                                                                                                                                                                                                                                                      |      |     |
|------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----|--------------------------------|------|------------------------|--------------------------------------------------------------------------------------|------|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----|
| 1                                                                                                                                                    |      |     | 2                              | Carb | Sod                    | 3                                                                                    | Carb | Sod | 4                                                                                                                                                         | Carb | Sod         | 5                                                                                                                                                                                                                                                                                           | Carb | Sod |
| <div>Labor Day Holiday</div> <div>No Meals Served</div> <div></div> |      |     |                                | g    | mg                     | Labor Day Special                                                                    | g    | mg  |                                                                                                                                                           | g    | mg          |                                                                                                                                                                                                                                                                                             | g    | mg  |
|                                                                                                                                                      |      |     | Lasagna w/ Tomato*             | 32   | 557                    | Cheeseburger*                                                                        | 27   | 561 | Turkey Pot Pie                                                                                                                                            | 18   | 414         | Pollock w/                                                                                                                                                                                                                                                                                  | 0    | 180 |
|                                                                                                                                                      |      |     | Italian Green Beans            | 9    | 3                      | Ketchup & Mustard                                                                    | 12   | 137 | Harvard Beets                                                                                                                                             | 18   | 238         | Scampi Sauce                                                                                                                                                                                                                                                                                | 3    | 86  |
|                                                                                                                                                      |      |     | Garlic Knot Roll               | 15   | 134                    | Burger Bun                                                                           | 24   | 180 | Dinner Roll                                                                                                                                               | 17   | 180         | Creamy Parm Polenta                                                                                                                                                                                                                                                                         | 39   | 191 |
|                                                                                                                                                      |      |     | Peaches                        | 14   | 8                      | Sweet Potato Tots                                                                    | 18   | 120 | Mandarin Oranges                                                                                                                                          | 18   | 7           | Riviera Blend Vegetables                                                                                                                                                                                                                                                                    | 8    | 8   |
|                                                                                                                                                      |      |     |                                |      |                        | Fiesta Blend Veg                                                                     | 14   | 24  |                                                                                                                                                           |      |             | Rye Bread                                                                                                                                                                                                                                                                                   | 14   | 150 |
|                                                                                                                                                      |      |     |                                |      | Angel Food Cake w/Rasp | 8                                                                                    | 41   |     |                                                                                                                                                           |      | Fresh Fruit | 20                                                                                                                                                                                                                                                                                          | 1    |     |
| Total Sodium (mg): 857                                                                                                                               |      |     | Total Sodium (mg): 1298        |      |                        | Total Sodium (mg): 993                                                               |      |     | Total Sodium (mg): 771                                                                                                                                    |      |             |                                                                                                                                                                                                                                                                                             |      |     |
| Carbs (g): 83; Calories: 607                                                                                                                         |      |     | Carbs (g): 82; Calories: 819   |      |                        | Carbs (g): 84; Calories: 616                                                         |      |     | Carbs (g): 97; Calories: 647                                                                                                                              |      |             |                                                                                                                                                                                                                                                                                             |      |     |
| 8                                                                                                                                                    | Carb | Sod | 9                              | Carb | Sod                    | 10                                                                                   | Carb | Sod | 11                                                                                                                                                        | Carb | Sod         | 12                                                                                                                                                                                                                                                                                          | Carb | Sod |
|                                                                                                                                                      | g    | mg  |                                | g    | mg                     |                                                                                      | g    | mg  |                                                                                                                                                           | g    | mg          |                                                                                                                                                                                                                                                                                             | g    | mg  |
| Unstuffed Pepper & Beef                                                                                                                              |      |     | Lemon Chicken w/Peas           | 8    | 297                    | Lentil Stew w/                                                                       | 43   | 58  | Stuffed Shells w/                                                                                                                                         |      |             | Rosemary Balsamic Pork                                                                                                                                                                                                                                                                      | 6    | 446 |
| Casserole                                                                                                                                            | 19   | 224 | Quinoa Pilaf                   | 25   | 56                     | Mozzarella Cheese                                                                    | 1    | 160 | Tomato Sauce*                                                                                                                                             | 32   | 632         | Italian Rst Red Potatoes                                                                                                                                                                                                                                                                    | 14   | 16  |
| Peas & Pearl Onions                                                                                                                                  | 15   | 76  | Spring Summer Blend Veg        | 11   | 68                     | Root Vegetables                                                                      | 10   | 34  | California Blend Veg                                                                                                                                      | 6    | 30          | Ratatouille                                                                                                                                                                                                                                                                                 | 5    | 116 |
| Wheat Bread                                                                                                                                          | 17   | 90  | Dinner Roll                    | 17   | 180                    | Oat Bread                                                                            | 25   | 115 | Dinner Roll                                                                                                                                               | 17   | 180         | Multigrain Bread                                                                                                                                                                                                                                                                            | 14   | 150 |
| Fresh Fruit                                                                                                                                          | 20   | 1   | Tropical Fruit                 | 17   | 0                      | Vanilla Pudding (cheese on side)                                                     | 34   | 174 | Applesauce                                                                                                                                                | 12   | 14          | Chocolate Chip Cookie                                                                                                                                                                                                                                                                       | 12   | 60  |
| Total Sodium (mg): 546                                                                                                                               |      |     | Total Sodium (mg): 756         |      |                        | Total Sodium (mg): 696                                                               |      |     | Total Sodium (mg): 1010                                                                                                                                   |      |             | Total Sodium (mg): 943                                                                                                                                                                                                                                                                      |      |     |
| Carbs (g): 83; Calories: 752                                                                                                                         |      |     | Carbs (g): 91; Calories: 712   |      |                        | Carbs (g): 125; Calories: 884                                                        |      |     | Carbs (g): 81; Calories: 550                                                                                                                              |      |             | Carbs (g): 63; Calories: 765                                                                                                                                                                                                                                                                |      |     |
| 15                                                                                                                                                   | Carb | Sod | 16                             | Carb | Sod                    | 17                                                                                   | Carb | Sod | 18                                                                                                                                                        | Carb | Sod         | 19                                                                                                                                                                                                                                                                                          | Carb | Sod |
|                                                                                                                                                      | g    | mg  |                                | g    | mg                     |                                                                                      | g    | mg  |                                                                                                                                                           | g    | mg          |                                                                                                                                                                                                                                                                                             | g    | mg  |
| Chicken Marsala*                                                                                                                                     | 10   | 583 | Potato Crunch Pollock w/ Lemon | 20   | 337                    | Chicken Meatballs w/ Tomato Basil Wine Sauce                                         | 5    | 210 | Broccoli Egg Bake                                                                                                                                         | 15   | 475         | Beef Pot Roast w/Gravy                                                                                                                                                                                                                                                                      | 4    | 131 |
| Seasoned Orzo                                                                                                                                        | 32   | 32  | Roasted Sweet Potatoes         | 23   | 53                     | Penne Pasta                                                                          | 28   | 4   | Home Fries                                                                                                                                                | 20   | 30          | Mashed Potatoes                                                                                                                                                                                                                                                                             | 46   | 68  |
| Green Beans & R Peppers                                                                                                                              | 11   | 4   | Broccoli & Cauliflower         | 6    | 14                     | Italian Blend Vegetables                                                             | 8    | 19  | Stewed Tomatoes                                                                                                                                           | 13   | 251         | Carrots                                                                                                                                                                                                                                                                                     | 9    | 77  |
| Wheat Bread                                                                                                                                          | 17   | 90  | Multigrain Bread               | 14   | 150                    | Dinner Roll                                                                          | 17   | 180 | Rye Bread                                                                                                                                                 | 13   | 150         | Dinner Roll                                                                                                                                                                                                                                                                                 | 17   | 180 |
| Pears                                                                                                                                                | 15   | 5   | Oatmeal Raisin Cookie          | 12   | 75                     | Fresh Fruit (Orange)                                                                 | 18   | 0   | Applesauce                                                                                                                                                | 12   | 14          | Chocolate Pudding                                                                                                                                                                                                                                                                           | 30   | 195 |
| Total Sodium (mg): 870                                                                                                                               |      |     | Total Sodium (mg): 784         |      |                        | Total Sodium (mg): 656                                                               |      |     | Total Sodium (mg): 1075                                                                                                                                   |      |             | Total Sodium (mg): 806                                                                                                                                                                                                                                                                      |      |     |
| Carbs (g): 98; Calories: 694                                                                                                                         |      |     | Carbs (g): 88; Calories: 751   |      |                        | Carbs (g): 94; Calories: 688                                                         |      |     | Carbs (g): 86; Calories: 678                                                                                                                              |      |             | Carbs (g): 119; Calories: 885                                                                                                                                                                                                                                                               |      |     |
| 22                                                                                                                                                   | Carb | Sod | 23                             | Carb | Sod                    | 24                                                                                   | Carb | Sod | 25                                                                                                                                                        | Carb | Sod         | 26                                                                                                                                                                                                                                                                                          | Carb | Sod |
|                                                                                                                                                      | g    | mg  |                                | g    | mg                     |                                                                                      | g    | mg  |                                                                                                                                                           | g    | mg          |                                                                                                                                                                                                                                                                                             | g    | mg  |
| Mixed Bean & Veg Stew*                                                                                                                               | 54   | 683 | Chicken Scallopini             | 5    | 289                    | Macaroni & Cheese*                                                                   | 46   | 694 | American Chop Suey                                                                                                                                        | 21   | 157         | Chicken Rice Bake                                                                                                                                                                                                                                                                           | 21   | 369 |
| Cauliflower                                                                                                                                          | 5    | 17  | Buttered Noodles               | 29   | 35                     | Riviera Blend Vegetables                                                             | 8    | 8   | Broccoli                                                                                                                                                  | 6    | 12          | Spinach                                                                                                                                                                                                                                                                                     | 6    | 145 |
| Dinner Roll                                                                                                                                          | 17   | 180 | Green Beans                    | 9    | 3                      | Multigrain Bread                                                                     | 14   | 150 | Oat Bread                                                                                                                                                 | 25   | 115         | Garlic Knot Roll                                                                                                                                                                                                                                                                            | 15   | 134 |
| Brownie                                                                                                                                              | 20   | 132 | Wheat Bread                    | 17   | 90                     | Peaches                                                                              | 14   | 8   | Vanilla Pudding                                                                                                                                           | 34   | 174         | Mandarin Oranges                                                                                                                                                                                                                                                                            | 18   | 7   |
| Total Sodium (mg): 1167                                                                                                                              |      |     | Total Sodium (mg): 573         |      |                        | Total Sodium (mg): 1016                                                              |      |     | Total Sodium (mg): 614                                                                                                                                    |      |             | Total Sodium (mg): 809                                                                                                                                                                                                                                                                      |      |     |
| Carbs (g): 108; Calories: 629                                                                                                                        |      |     | Carbs (g): 93; Calories: 673   |      |                        | Carbs (g): 95; Calories: 822                                                         |      |     | Carbs (g): 99; Calories: 833                                                                                                                              |      |             | Carbs (g): 73; Calories: 634                                                                                                                                                                                                                                                                |      |     |
| 29                                                                                                                                                   | Carb | Sod | 30                             | Carb | Sod                    |  |      |     | <div>Suggested Voluntary Confidential Donation is \$3.50 per Meal</div> <div>Please Note that Only 1% Milk is Currently Available From the Supplier</div> |      |             | <div>ALL MEALS INCLUDE:</div> <div>8 OZ 1% MILK containing:</div> <div>130 mg Sodium, 110 Calories, &amp; 13 g Carbohydrates</div> <div>AND 1 pat of Margarine Containing</div> <div>30 mg Sodium &amp; 30 Calories</div> <div>Sodium, Calories, &amp; Carbs included in daily totals</div> |      |     |
|                                                                                                                                                      | g    | mg  |                                | g    | mg                     |                                                                                      |      |     |                                                                                                                                                           |      |             |                                                                                                                                                                                                                                                                                             |      |     |
| Sweet & Sour Meatballs                                                                                                                               | 14   | 484 | Beef Chili                     | 18   | 327                    |                                                                                      |      |     |                                                                                                                                                           |      |             |                                                                                                                                                                                                                                                                                             |      |     |
| Lo Mien Noodles                                                                                                                                      | 33   | 58  | Brown Rice                     | 24   | 5                      |                                                                                      |      |     |                                                                                                                                                           |      |             |                                                                                                                                                                                                                                                                                             |      |     |
| Stir Fry Vegetables                                                                                                                                  | 5    | 6   | Zucchini & Cauliflower         | 4    | 6                      |                                                                                      |      |     |                                                                                                                                                           |      |             |                                                                                                                                                                                                                                                                                             |      |     |
| Multigrain Bread                                                                                                                                     | 14   | 150 | Dinner Roll                    | 17   | 180                    |                                                                                      |      |     |                                                                                                                                                           |      |             |                                                                                                                                                                                                                                                                                             |      |     |
| Tapioca Pudding                                                                                                                                      | 27   | 195 | Pears                          | 15   | 5                      |                                                                                      |      |     |                                                                                                                                                           |      |             |                                                                                                                                                                                                                                                                                             |      |     |
| Total Sodium (mg): 1048                                                                                                                              |      |     | Total Sodium (mg): 677         |      |                        |                                                                                      |      |     |                                                                                                                                                           |      |             |                                                                                                                                                                                                                                                                                             |      |     |
| Carbs (g): 106; Calories: 837                                                                                                                        |      |     | Carbs (g): 91; Calories: 623   |      |                        |                                                                                      |      |     |                                                                                                                                                           |      |             |                                                                                                                                                                                                                                                                                             |      |     |

**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.