

LIFEPATH Congregate Lunch Meals- September 2026

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 , Petersham 978-821-5549,

Phillipston 978-407-9504, Royalston 978-249-8957, Shelburne 413-625-2502, South County 413-665-5063.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 Carb Sod g mg BBQ Chicken Thigh 16 357 Roasted Sweet Potato 14 20 California Blend Veg 5 34 Dinner Roll 20 100 Lemon white choc cookie 24 100 Total Sodium (mg): 746 Carbs (g): 90; Calories: 744	2 Holiday Special Meal Carb Sod g mg Hot Dog* 3 540 Baked Pinto Beans 28 140 Gr Beans & R Peppers 7 21 Hot Dog Bun 32 85 Peach 14 0 Ketchup 3 82 Total Sodium (mg): 1006 Carbs (g): 98; Calories: 863	3 Carb Sod g mg Roast Turkey w/ Gravy* 7 580 Mashed Potatoes 15 23 Broccoli 6 38 Wheat Bread 24 65 Vanilla Pudding 18 130 Total Sodium (mg): 971 Carbs (g): 82; Calories: 650	4 Carb Sod g mg Three Bean Chicken Chili 38 432 w/ Shredded Cheese 1 96 Carrots 6 56 Cornbread Bowl 33 160 Orange 18 1 Total Sodium (mg): 880 Carbs (g): 107; Calories: 880	
	8 Carb Sod g mg Beef w/ Onions & Peppers 6 132 Mashed Potatoes 15 23 Mixed Vegetables 11 51 Wheat Roll 15 150 Chocolate Pudding 20 135 Total Sodium (mg): 626 Carbs (g): 80; Calories: 775	9 Carb Sod g mg Torta di Polenta w/ Cheese (Pork Sausage & Beef) 26 493 Kale & Peppers 3 29 Hawaiian Roll 16 80 Applesauce 14 2 Total Sodium (mg): 739 Carbs (g): 71; Calories: 814	10 Carb Sod g mg Cheesy Chicken* 6 555 w/ Seasoned Rice 24 25 Green Peas 15 20 Cornbread 27 180 Pear 27 1 Total Sodium (mg): 891 Carbs (g): 111; Calories: 1029	11 Carb Sod g mg Cajun Seafood Pasta* 28 504 Broccoli 6 38 Wheat Bread 24 65 Oatmeal Cookie 12 90 Total Sodium (mg): 832 Carbs (g): 82; Calories: 707	
	14 Carb Sod g mg Rosemary & Garlic Chicken 17 426 Orzo 21 4 Root Vegetables 11 65 Dinner Roll 20 100 Vanilla Pudding 18 130 Total Sodium (mg): 860 Carbs (g): 99; Calories: 780	15 Carb Sod g mg Cheese Lasagna w/ Turkey Bolognese & Parm 2 222 Tuscan Blend Veg 6 26 Garlic Bread 18 235 Pound Cake 26 240 Total Sodium (mg): 1248 Carbs (g): 93; Calories: 864	16 Carb Sod g mg Salmon w/ Peach Mango Salsa 10 100 Roasted Sweet Potatoes 14 21 California Blend Veg 5 34 Cornbread 27 180 Peach Cup 13 5 Total Sodium (mg): 471 Carbs (g): 94; Calories: 676	17 Carb Sod g mg Shepherd's Pie (Beef) 23 295 Carrots 6 56 Wheat Roll 15 150 Applesauce 14 2 Total Sodium (mg): 638 Carbs (g): 70; Calories: 765	18 Carb Sod g mg Tuscan Chicken Thigh 6 203 Rice Pilaf 26 50 Mixed Vegetables 11 51 Wheat Roll 15 150 Mandarin Fruit Cup 15 5 Total Sodium (mg): 594 Carbs (g): 85; Calories: 793
	21 Carb Sod g mg Beef Stew 15 150 w/ Buttermilk Biscuit 21 370 Green Peas 15 20 Brownie Cookie 52 125 Total Sodium (mg): 800 Carbs (g): 115; Calories: 1080	22 Carb Sod g mg Hot Ham & Cheese* 6 744 Croissant Sandwich 29 190 Sweet Potato Fries 21 150 Broccoli 6 38 Applesauce 14 2 Mustard 0 55 Total Sodium (mg): 1314 Carbs (g): 88; Calories: 732	23 Carb Sod g mg Chicken Cacciatore 4 384 Tortellini 19 175 Vegetable Medley 11 54 Wheat Roll 15 150 Orange 18 1 Total Sodium (mg): 899 Carbs (g): 80; Calories: 685	24 Carb Sod g mg Stewed Tomato Shrimp* 4 517 w/ Cheesy Grits 23 72 Brussel Sprouts 6 26 Cornbread 27 180 Pear 27 1 Total Sodium (mg): 956 Carbs (g): 104; Calories: 780	25 Carb Sod g mg American Chop Suey w/ Beef 25 237 Mixed Vegetables 6 51 Wheat Roll 15 150 Chocolate Pudding 20 135 Total Sodium (mg): 695 Carbs (g): 76; Calories: 721
28 Carb Sod g mg Chicken Saltimboca 6 381 Mashed Potatoes 15 23 Gr Beans & R Peppers 7 21 Wheat Bread 24 65 Peach Cup 13 5 Total Sodium (mg): 629 Carbs (g): 77; Calories: 751	29 Carb Sod g mg Pot Roast w/ Gravy* 7 587 Roasted Sweet Potato 14 21 Brussel Sprouts 6 26 Cornbread 27 180 Vanilla Pudding 18 130 Total Sodium (mg): 1079 Carbs (g): 86; Calories: 690	30 Carb Sod g mg White Fish Picatta 7 387 Rice Pilaf 26 50 Carrots 6 56 Dinner Roll 20 100 Orange 18 1 Total Sodium (mg): 728 Carbs (g): 88; Calories: 727	Suggested Voluntary Confidential Donation is \$3.50 per Meal		
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 & 36 Calories Sodium, Calories, & Carbs included in daily totals					

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.