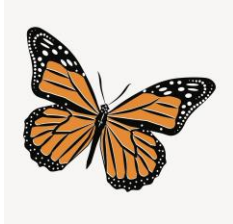


# LIFEPATH Home Delivered Lunch Meals- September 2026

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 Email: Nutrition@Lifepathma.org

| MONDAY                                                                            |                                                                                                                                             |                              |             | TUESDAY                        |                             |                              |             | WEDNESDAY                    |                        |                                |             | THURSDAY                                                            |                          |                               |             | FRIDAY                                                                                                                                                                                            |                        |             |            |                              |     |  |  |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|-------------|--------------------------------|-----------------------------|------------------------------|-------------|------------------------------|------------------------|--------------------------------|-------------|---------------------------------------------------------------------|--------------------------|-------------------------------|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|-------------|------------|------------------------------|-----|--|--|
|  | <b>1</b>                                                                                                                                    |                              | <b>Carb</b> | <b>Sod</b>                     | <b>2</b>                    |                              | <b>Carb</b> | <b>Sod</b>                   | <b>3</b>               |                                | <b>Carb</b> | <b>Sod</b>                                                          | <b>4</b>                 |                               | <b>Carb</b> | <b>Sod</b>                                                                                                                                                                                        |                        |             |            |                              |     |  |  |
|                                                                                   |                                                                                                                                             |                              | <b>g</b>    | <b>mg</b>                      | <b>Holiday Special Meal</b> |                              | <b>g</b>    | <b>mg</b>                    |                        |                                | <b>g</b>    | <b>mg</b>                                                           |                          |                               | <b>g</b>    | <b>mg</b>                                                                                                                                                                                         |                        |             |            |                              |     |  |  |
|                                                                                   | BBQ Chicken Thigh                                                                                                                           |                              | 16          | 357                            | Hot Dog*                    |                              | 3           | 540                          | Roast Turkey w/ Gravy* |                                | 7           | 580                                                                 | Three Bean Chicken Chili |                               | 38          | 432                                                                                                                                                                                               |                        |             |            |                              |     |  |  |
|                                                                                   | Roasted Sweet Potato                                                                                                                        |                              | 14          | 20                             | Baked Pinto Beans           |                              | 28          | 140                          | Mashed Potatoes        |                                | 15          | 23                                                                  | w/ Shredded Cheese       |                               | 1           | 96                                                                                                                                                                                                |                        |             |            |                              |     |  |  |
|                                                                                   | California Blend Veg                                                                                                                        |                              | 5           | 34                             | Gr Beans & R Peppers        |                              | 7           | 21                           | Broccoli               |                                | 6           | 38                                                                  | Carrots                  |                               | 6           | 56                                                                                                                                                                                                |                        |             |            |                              |     |  |  |
|                                                                                   | Dinner Roll                                                                                                                                 |                              | 20          | 100                            | Hot Dog Bun                 |                              | 32          | 85                           | Wheat Bread            |                                | 24          | 65                                                                  | Cornbread Bowl           |                               | 33          | 160                                                                                                                                                                                               |                        |             |            |                              |     |  |  |
| Lemon white choc cookie                                                           |                                                                                                                                             | 24                           | 100         | Peach                          |                             | 14                           | 0           | Vanilla Pudding              |                        | 18                             | 130         | Orange                                                              |                          | 18                            | 1           |                                                                                                                                                                                                   |                        |             |            |                              |     |  |  |
|                                                                                   |                                                                                                                                             |                              |             |                                |                             | Ketchup                      |             | 3                            | 82                     |                                |             |                                                                     |                          |                               |             |                                                                                                                                                                                                   |                        |             |            |                              |     |  |  |
|                                                                                   |                                                                                                                                             | Total Sodium (mg): 746       |             |                                |                             | Total Sodium (mg): 1006      |             |                              |                        | Total Sodium (mg): 971         |             |                                                                     |                          | Total Sodium (mg): 880        |             |                                                                                                                                                                                                   |                        |             |            |                              |     |  |  |
|                                                                                   |                                                                                                                                             | Carbs (g): 90; Calories: 744 |             |                                |                             | Carbs (g): 98; Calories: 863 |             |                              |                        | Carbs (g): 82; Calories: 650   |             |                                                                     |                          | Carbs (g): 107; Calories: 880 |             |                                                                                                                                                                                                   |                        |             |            |                              |     |  |  |
| <b>7</b>                                                                          | <b>Labor Day Holiday</b><br><br><b>No Meals Served</b><br> |                              |             | <b>8</b>                       |                             | <b>Carb</b>                  | <b>Sod</b>  | <b>9</b>                     |                        | <b>Carb</b>                    | <b>Sod</b>  | <b>10</b>                                                           |                          | <b>Carb</b>                   | <b>Sod</b>  | <b>11</b>                                                                                                                                                                                         |                        | <b>Carb</b> | <b>Sod</b> |                              |     |  |  |
|                                                                                   |                                                                                                                                             |                              |             | <b>g</b>                       | <b>mg</b>                   |                              |             | <b>g</b>                     | <b>mg</b>              |                                |             | <b>g</b>                                                            | <b>mg</b>                |                               |             | <b>g</b>                                                                                                                                                                                          | <b>mg</b>              |             |            |                              |     |  |  |
| Beef w/ Onions & Peppers                                                          |                                                                                                                                             |                              |             | 6                              | 132                         | Torta di Polenta w/ Cheese   |             |                              |                        | Cheesy Chicken*                |             | 6                                                                   | 555                      | Cajun Seafood Pasta*          |             | 28                                                                                                                                                                                                | 504                    |             |            |                              |     |  |  |
| Mashed Potatoes                                                                   |                                                                                                                                             |                              |             | 15                             | 23                          | (Pork Sausage & Beef)        |             | 26                           | 493                    | w/ Seasoned Rice               |             | 24                                                                  | 25                       | Broccoli                      |             | 6                                                                                                                                                                                                 | 38                     |             |            |                              |     |  |  |
| Mixed Vegetables                                                                  |                                                                                                                                             |                              |             | 11                             | 51                          | Kale & Peppers               |             | 3                            | 29                     | Green Peas                     |             | 15                                                                  | 20                       | Wheat Bread                   |             | 24                                                                                                                                                                                                | 65                     |             |            |                              |     |  |  |
| Wheat Roll                                                                        |                                                                                                                                             |                              |             | 15                             | 150                         | Hawaiian Roll                |             | 16                           | 80                     | Cornbread                      |             | 27                                                                  | 180                      | Oatmeal Cookie                |             | 12                                                                                                                                                                                                | 90                     |             |            |                              |     |  |  |
| Chocolate Pudding                                                                 |                                                                                                                                             | 20                           | 135         | Applesause                     |                             | 14                           | 2           | Pear                         |                        | 27                             | 1           |                                                                     |                          |                               |             |                                                                                                                                                                                                   |                        |             |            |                              |     |  |  |
|                                                                                   |                                                                                                                                             | Total Sodium (mg): 626       |             |                                |                             | Total Sodium (mg): 739       |             |                              |                        | Total Sodium (mg): 891         |             |                                                                     |                          | Total Sodium (mg): 832        |             |                                                                                                                                                                                                   |                        |             |            |                              |     |  |  |
|                                                                                   |                                                                                                                                             | Carbs (g): 80; Calories: 775 |             |                                |                             | Carbs (g): 71; Calories: 814 |             |                              |                        | Carbs (g): 111; Calories: 1029 |             |                                                                     |                          | Carbs (g): 82; Calories: 707  |             |                                                                                                                                                                                                   |                        |             |            |                              |     |  |  |
| <b>14</b>                                                                         | <b>Carb</b> <b>Sod</b>                                                                                                                      |                              |             | <b>15</b>                      | <b>Carb</b> <b>Sod</b>      |                              |             | <b>16</b>                    | <b>Carb</b> <b>Sod</b> |                                |             | <b>17</b>                                                           | <b>Carb</b> <b>Sod</b>   |                               |             | <b>18</b>                                                                                                                                                                                         | <b>Carb</b> <b>Sod</b> |             |            |                              |     |  |  |
|                                                                                   |                                                                                                                                             |                              |             | <b>g</b> <b>mg</b>             |                             |                              |             | <b>g</b> <b>mg</b>           |                        |                                |             | <b>g</b> <b>mg</b>                                                  |                          |                               |             | <b>g</b> <b>mg</b>                                                                                                                                                                                |                        |             |            |                              |     |  |  |
| Rosemary & Garlic Chicken                                                         |                                                                                                                                             |                              |             | 17                             | 426                         |                              |             | Cheese Lasagna w/            |                        |                                |             | 29                                                                  | 390                      |                               |             | Shepherd's Pie (Beef)                                                                                                                                                                             |                        |             |            | 23                           | 295 |  |  |
| Orzo                                                                              |                                                                                                                                             |                              |             | 21                             | 4                           |                              |             | Turkey Bolognese & Parm      |                        |                                |             | 2                                                                   | 222                      |                               |             | Carrots                                                                                                                                                                                           |                        |             |            | 6                            | 56  |  |  |
| Root Vegetables                                                                   |                                                                                                                                             |                              |             | 11                             | 65                          |                              |             | Tuscan Blend Veg             |                        |                                |             | 6                                                                   | 26                       |                               |             | Wheat Roll                                                                                                                                                                                        |                        |             |            | 15                           | 150 |  |  |
| Dinner Roll                                                                       |                                                                                                                                             |                              |             | 20                             | 100                         |                              |             | Garlic Bread                 |                        |                                |             | 18                                                                  | 235                      |                               |             | Applesauce                                                                                                                                                                                        |                        |             |            | 14                           | 2   |  |  |
| Vanilla Pudding                                                                   |                                                                                                                                             |                              |             | 18                             | 130                         |                              |             | Pound Cake                   |                        |                                |             | 26                                                                  | 240                      |                               |             |                                                                                                                                                                                                   |                        |             |            |                              |     |  |  |
|                                                                                   |                                                                                                                                             |                              |             | Total Sodium (mg): 860         |                             |                              |             | Total Sodium (mg): 1248      |                        |                                |             | Total Sodium (mg): 471                                              |                          |                               |             | Total Sodium (mg): 638                                                                                                                                                                            |                        |             |            | Total Sodium (mg): 594       |     |  |  |
|                                                                                   |                                                                                                                                             |                              |             | Carbs (g): 99; Calories: 780   |                             |                              |             | Carbs (g): 93; Calories: 864 |                        |                                |             | Carbs (g): 94; Calories: 676                                        |                          |                               |             | Carbs (g): 70; Calories: 765                                                                                                                                                                      |                        |             |            | Carbs (g): 85; Calories: 793 |     |  |  |
| <b>21</b>                                                                         | <b>Carb</b> <b>Sod</b>                                                                                                                      |                              |             | <b>22</b>                      | <b>Carb</b> <b>Sod</b>      |                              |             | <b>23</b>                    | <b>Carb</b> <b>Sod</b> |                                |             | <b>24</b>                                                           | <b>Carb</b> <b>Sod</b>   |                               |             | <b>25</b>                                                                                                                                                                                         | <b>Carb</b> <b>Sod</b> |             |            |                              |     |  |  |
|                                                                                   |                                                                                                                                             |                              |             | <b>g</b> <b>mg</b>             |                             |                              |             | <b>g</b> <b>mg</b>           |                        |                                |             | <b>g</b> <b>mg</b>                                                  |                          |                               |             | <b>g</b> <b>mg</b>                                                                                                                                                                                |                        |             |            |                              |     |  |  |
| Beef Stew                                                                         |                                                                                                                                             |                              |             | 15                             | 150                         |                              |             | Hot Ham & Cheese*            |                        |                                |             | 6                                                                   | 744                      |                               |             | Stewed Tomato Shrimp*                                                                                                                                                                             |                        |             |            | 4                            | 517 |  |  |
| w/ Buttermilk Biscuit                                                             |                                                                                                                                             |                              |             | 21                             | 370                         |                              |             | Croissant Sandwich           |                        |                                |             | 29                                                                  | 190                      |                               |             | w/ Cheesy Grits                                                                                                                                                                                   |                        |             |            | 23                           | 72  |  |  |
| Green Peas                                                                        |                                                                                                                                             |                              |             | 15                             | 20                          |                              |             | Sweet Potato Fries           |                        |                                |             | 21                                                                  | 150                      |                               |             | Brussel Sprouts                                                                                                                                                                                   |                        |             |            | 6                            | 26  |  |  |
| Brownie Cookie                                                                    |                                                                                                                                             |                              |             | 52                             | 125                         |                              |             | Broccoli                     |                        |                                |             | 6                                                                   | 38                       |                               |             | Cornbread                                                                                                                                                                                         |                        |             |            | 27                           | 180 |  |  |
|                                                                                   |                                                                                                                                             |                              |             |                                |                             |                              |             | Applesauce                   |                        |                                |             | 14                                                                  | 2                        |                               |             | Pear                                                                                                                                                                                              |                        |             |            | 27                           | 1   |  |  |
|                                                                                   |                                                                                                                                             |                              |             |                                |                             |                              |             | Mustard                      |                        |                                |             | 0                                                                   | 55                       |                               |             |                                                                                                                                                                                                   |                        |             |            |                              |     |  |  |
|                                                                                   |                                                                                                                                             |                              |             | Total Sodium (mg): 800         |                             |                              |             | Total Sodium (mg): 1314      |                        |                                |             | Total Sodium (mg): 899                                              |                          |                               |             | Total Sodium (mg): 956                                                                                                                                                                            |                        |             |            | Total Sodium (mg): 695       |     |  |  |
|                                                                                   |                                                                                                                                             |                              |             | Carbs (g): 115; Calories: 1080 |                             |                              |             | Carbs (g): 88; Calories: 732 |                        |                                |             | Carbs (g): 80; Calories: 685                                        |                          |                               |             | Carbs (g): 104; Calories: 780                                                                                                                                                                     |                        |             |            | Carbs (g): 76; Calories: 721 |     |  |  |
| <b>28</b>                                                                         | <b>Carb</b> <b>Sod</b>                                                                                                                      |                              |             | <b>29</b>                      | <b>Carb</b> <b>Sod</b>      |                              |             | <b>30</b>                    | <b>Carb</b> <b>Sod</b> |                                |             | <b>Suggested Voluntary Confidential Donation is \$3.50 per Meal</b> |                          |                               |             | <b>ALL MEALS INCLUDE:<br/>8 OZ 1% MILK containing:<br/>130 mg Sodium, 110 Calories,<br/>&amp; 13 g Carbohydrates<br/>AND 1 pat of Margarine<br/>Containing<br/>30 mg Sodium &amp; 36 Calories</b> |                        |             |            |                              |     |  |  |
|                                                                                   |                                                                                                                                             |                              |             | <b>g</b> <b>mg</b>             |                             |                              |             | <b>g</b> <b>mg</b>           |                        |                                |             |                                                                     |                          |                               |             |                                                                                                                                                                                                   |                        |             |            |                              |     |  |  |
| Chicken Saltimboca                                                                |                                                                                                                                             |                              |             | 6                              | 381                         |                              |             | White Fish Picatta           |                        |                                |             |                                                                     |                          |                               |             |                                                                                                                                                                                                   |                        |             |            | 7                            | 387 |  |  |
| Mashed Potatoes                                                                   |                                                                                                                                             |                              |             | 15                             | 23                          |                              |             | Rice Pilaf                   |                        |                                |             |                                                                     |                          |                               |             |                                                                                                                                                                                                   |                        |             |            | 26                           | 50  |  |  |
| Gr Beans & R Peppers                                                              |                                                                                                                                             |                              |             | 7                              | 21                          |                              |             | Carrots                      |                        |                                |             |                                                                     |                          |                               |             |                                                                                                                                                                                                   |                        |             |            | 6                            | 56  |  |  |
| Wheat Bread                                                                       |                                                                                                                                             |                              |             | 24                             | 65                          |                              |             | Dinner Roll                  |                        |                                |             | 20                                                                  | 100                      |                               |             | <b>Sodium, Calories, &amp; Carbs<br/>included in daily totals</b>                                                                                                                                 |                        |             |            |                              |     |  |  |
| Peach Cup                                                                         |                                                                                                                                             |                              |             | 13                             | 5                           |                              |             | Orange                       |                        |                                |             | 18                                                                  | 1                        |                               |             |                                                                                                                                                                                                   |                        |             |            |                              |     |  |  |
|                                                                                   |                                                                                                                                             |                              |             | Total Sodium (mg): 629         |                             |                              |             | Total Sodium (mg): 1079      |                        |                                |             | Total Sodium (mg): 728                                              |                          |                               |             |                                                                                                                                                                                                   |                        |             |            |                              |     |  |  |
|                                                                                   |                                                                                                                                             |                              |             | Carbs (g): 77; Calories: 751   |                             |                              |             | Carbs (g): 86; Calories: 690 |                        |                                |             | Carbs (g): 88; Calories: 727                                        |                          |                               |             |                                                                                                                                                                                                   |                        |             |            |                              |     |  |  |

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.