

# LIFEPATH - MAY 2021

**BERNARDSTON GRAB N GO MEAL** - Suggested Voluntary Confidential Donation is \$3.00 per meal

PLEASE CALL BEFORE 9:00AM ONE SERVING DAY AHEAD, TO ORDER OR CANCEL A MEAL . Please wear mask when pickup up meal.

CALL (413) 648-5413

YOU MAY ORDER MULTIPLE DAYS AT A TIME.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 mg Sodium</b> Meatballs with Tomato Basil Sauce 268 Potato Wedges 273 Italian Veg Blend Roll 41 218 Fresh Pear 1	<b>4 mg Sodium</b> Veal Roulade with Picatta Sauce 370 4 Whipped Potatoes 66 Green Beans 3 Rye Bread 150 Yogurt 75	<b>5 mg Sodium</b> <u>COLD PLATE</u> Tuna Salad 328 Macaroni Salad 118 Coleslaw 101 Wheat Dinner Roll 105 Assorted Fruit (cup) 5	<b>6 mg Sodium</b> Sesame Chicken 233 Vegetable Fried Rice 98 Asian Veg Blend 21 Multigrain Bread 164 Fortune Cookie 6 Pineapple Cup 5	<b>7 mg Sodium</b> Beef Stew 200 Mixed Vegetables 88 Italian Bread 230 Lorna Doones 147
Total Sodium (mg): 927 Calories: 664	Total Sodium (mg): 792 Calories: 757	Total Sodium (mg): 782 Calories: 604	Total Sodium (mg): 652 Calories: 638	Total Sodium (mg): 790 Calories: 801
<b>10 mg Sodium</b> Broccoli Bake 475 Home Fries 5 Stewed Tomatoes 251 Wheat Roll 105 Fresh Fruit 1	<b>11 mg Sodium</b> Beef & Lentil Chili 262 Brown Rice 4 Spinach 65 Wheat Bread 170 Assorted Fruit (cup) 5	<b>12 mg Sodium</b> Chicken Breast with Honey Mustard Sauce 354 O'Brien Potatoes 34 Mixed Vegetables 88 Multigrain Bread 164 Fresh Fruit 1	<b>13 mg Sodium</b> Baked Salmon with Dill Sauce 130 Thyme Roasted Potatoes 5 Green Bean Casserole 262 Marble Rye 127 Banana Cake 260 Diet: Grahams 85	<b>14 mg Sodium</b> Chicken Fajita with Red & Green Peppers Corn 275 1 Flour Tortilla 220 Vanilla Yogurt 75
Total Sodium (mg): 963 Calories: 652	Total Sodium (mg): 631 Calories: 636	Total Sodium (mg): 766 Calories: 627	Total Sodium (mg): 909 Calories: 772	Total Sodium (mg): 723 Calories: 545
<b>17 mg Sodium</b> Baked Meatloaf with Gravy 234 Sour Cream & Chive Mashed Potatoes 89 Peas & Carrots 72 Wheat Bread 170 Assorted Fruit (cup) 5	<b>18 mg Sodium</b> Swedish Meatballs 236 Egg Noodles 4 California Veg Blend 22 Multigrain Bread 164 Applesauce 0	<b>19 mg Sodium</b> Macaroni & Cheese 498 Spinach 65 Wheat Dinner Roll 105 Cookie (all) 105	<b>20 mg Sodium</b> Breaded Chicken Drummer 450 Baked Beans 152 Scandinavian Veg Blend 61 Wheat Bread 170 Fresh Clementine 1	<b>21 mg Sodium</b> Roast Turkey with Herb Gravy 349 Mashed Potatoes 66 Green Beans 3 Multigrain Bread 164 Assorted Fruit (cup) 5
Total Sodium (mg): 694 Calories: 763	Total Sodium (mg): 551 Calories: 580	Total Sodium (mg): 898 Calories: 780	Total Sodium (mg): 959 Calories: 615	Total Sodium (mg): 711 Calories: 565
<b>24 mg Sodium</b> Potato Pollock 273 Tartar Sauce 100 Wild Rice Pilaf 140 Capri Veg Blend 15 Dinner Roll 132 Yogurt 75	<b>25 mg Sodium</b> BBQ Beef Patty 207 Potato Wedges 273 Broccoli 10 Hamburger Roll 230 Assorted Fruit (cup) 5	<b>26 mg Sodium</b> Grilled Chicken Florentine 347 Brown Rice 4 Mixed Vegetables 88 Wheat Bread 170 Fresh Fruit 1	<b>27 mg Sodium</b> <u>COLD PLATE</u> Egg Salad 243 Creamy Potato Salad 95 Beet & Onion Salad 217 Pumpernickel Bread 134 Muffin 95 Diet: Grahams 85	<b>28 mg Sodium</b> Roast Pork with CranOrange Sauce 93 Sweet Potatoes 36 Brussels Sprouts 12 Multigrain Bread 164 Assorted Fruit (cup) 5
Total Sodium (mg): 860 Calories: 690	Total Sodium (mg): 850 Calories: 721	Total Sodium (mg): 735 Calories: 642	Total Sodium (mg): 909 Calories: 711	Total Sodium (mg): 434 Calories: 629
<b>31</b>  <b>MEMORIAL DAY HOLIDAY</b>  <b>NO MEALS SERVED</b>  	<b>32</b>		<b>ALL MEALS INCLUDE:</b>  <b>1% MILK</b> <b>125 mg SODIUM</b> <b>110 CALORIES</b>	

Sodium Levels are listed next to each individual menu item. Meals are based on a No Added Salt (3000 - 4000mg sodium diet) 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. 2233.

\*Indicates higher sodium items greater than 500mg.

Due to availability, menu subject to change without notice.