

# LIFEPATH - DECEMBER 2021

**SOUTH COUNTY GRAB n GO MEAL** - Suggested Voluntary Confidential Donation is \$3.00 per meal

PLEASE CALL BEFORE 9:30AM ONE SERVING DAY AHEAD, TO ORDER OR CANCEL A MEAL . Please wear mask when picking up meal.

CALL (413) 665-2141 YOU MAY ORDER MULTIPLE DAYS AT A TIME.

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
| <b>ALL MEALS INCLUDE:</b><br><br><b>1% MILK</b><br><b>125 mg SODIUM</b><br><b>110 CALORIES</b>   |  | <b>1 mg Sodium</b><br>Baked Pollock with Mediterranean Sauce 295<br>Orzo Pilaf w/Spinach 57<br>Carrots 64<br>Wheat Bread 170<br>Fresh Clementine 1   | <b>2 mg Sodium</b><br>Chicken & Rice Bake 429<br>Spinach 65<br>Marbled Rye 127<br>Fruit Cup (Mixed) 5   | <b>3 mg Sodium</b><br>Macaroni & Cheese 498<br>Stewed Tomatoes 251<br>Dinner Roll 132<br>Dessert 180<br>Diet: Lorna Doones 147                                |
|  |  | Total Sodium (mg): 711<br>Calories: 645  | Total Sodium (mg): 751<br>Calories: 548   | Total Sodium (mg): 1186<br>Calories: 910  |
|  | <b>6 mg Sodium</b><br>Baked Meatloaf with Gravy 234<br>Mashed Potatoes 66<br>French Green Beans 2<br>Dinner Roll 132<br>Flav Applesauce 10             | <b>7 mg Sodium</b><br>Chicken Jambalaya 310<br>Brown Rice 4<br>Mixed Vegetables 88<br>Multigrain Bread 164<br>Dessert 330<br>Diet: Yogurt 75         | <b>8 mg Sodium</b><br>Shepherd's Pie with Gravy 166<br>Brussels Sprouts 12<br>Wheat Bread 170<br>Fresh Apple 2  | <b>9 mg Sodium</b><br>Chicken Cacciatore 356<br>Parslied Egg Noodles 4<br>Capri Veg Blend 15<br>Multigrain Bread 164<br>Fruit Cup (Peaches) 10                |
| Total Sodium (mg): 569<br>Calories: 692  | Total Sodium (mg): 1021<br>Calories: 906   | Total Sodium (mg): 474<br>Calories: 581  | Total Sodium (mg): 674<br>Calories: 539   | Total Sodium (mg): 783<br>Calories: 537   |
| <b>13 mg Sodium</b><br>Potato Pollock 273<br>Tartar Sauce 100<br>Winter Squash 48<br>Broccoli 10<br>Rye Bread 150<br>Fruit Cup (Pears) 5                     | <b>14 mg Sodium</b><br>Lasagna Roll with Tomato Basil Sauce & Mozzarella Cheese 537*<br>Italian Veg Blend 41<br>Wheat Bread 170<br>Fruit Cup (Mixed) 5 | <b>15 mg Sodium</b><br>Breaded Chicken Drummer 450<br>Cinnamon Sweet Potatoes 36<br>Calif Veg Blend 22<br>Multigrain Bread 164<br>Flav Applesauce 10 | <b>16 mg Sodium</b><br>Sloppy Joe 148<br>Potato Wedges 273<br>Brussels Sprouts 12<br>Wheat Sandwich Bun 300<br>Yogurt 75  | <b>17 mg Sodium</b><br>Chicken Brunswick Stew 482<br>Capri Veg Blend 15<br>Marbled Rye 127<br>Fresh Clementine 1  |
| Total Sodium (mg): 711<br>Calories: 666  | Total Sodium (mg): 878<br>Calories: 614  | Total Sodium (mg): 806<br>Calories: 603  | Total Sodium (mg): 933<br>Calories: 694   | Total Sodium (mg): 750<br>Calories: 479   |
| <b>20 mg Sodium</b><br>Roast Pork with Apple Gravy 97<br>Chantilly Potatoes 238<br>Green Beans 3<br>Wheat Dinner Roll 105<br>Dessert 260<br>Diet: Grahams 85 | <b>21 mg Sodium</b><br>Hamburger with Onion Gravy 234<br>Whipped Potatoes 66<br>Scandinavian Veg Blend 61<br>Multigrain Bread 164<br>Lorna Doones 147  | <b>22 mg Sodium</b><br>Baked Cod with Red Pepper Pesto 158<br>Orzo Pilaf w/Spinach 57<br>Peas & Carrots 72<br>Pumpernickel Bread 134<br>Fresh Pear 2 | <b>23 High Sodium Meal</b><br>Chicken Cordon Bleu 750*<br>O'Brien Potatoes 34<br>Squash Medley 8<br>Wheat Dinner Roll 105<br>Red Velvet Cake 230<br>Diet: SF Cookie 105         | <b>24</b><br><b>CHRISTMAS HOLIDAY</b><br><br><b>NO MEALS SERVED</b><br>  |
| Total Sodium (mg): 828<br>Calories: 790  | Total Sodium (mg): 795<br>Calories: 717  | Total Sodium (mg): 547<br>Calories: 557  | Total Sodium (mg): 1252*<br>Calories: 824   |   |
| <b>27</b><br><b>FROZEN MEAL</b><br><br>Corn Muffin<br>Mixed Fruit (cup)  | <b>28 mg Sodium</b><br>Chicken Picatta 324<br>Mashed Potatoes 66<br>California Veg Blend 22<br>Marbled Rye 127<br>Fruit Cup(Peaches) 10                | <b>29 mg Sodium</b><br>Macaroni & Cheese 498<br>Broccoli 10<br>Dinner Roll 132<br>Fresh Apple 2  | <b>30 mg Sodium</b><br>Roast Pork with Sweet & Sour Sauce 104<br>Vegetable Fried Rice 98<br>Asian Veg Blend 21<br>Wheat Dinner Roll 105<br>Fortune Cookie 6<br>Lorna Doones 147 | <b>31</b><br><b>NEW YEAR'S HOLIDAY</b><br><br><b>NO MEALS SERVED</b><br> |
|  | Total Sodium (mg): 674<br>Calories: 528  | Total Sodium (mg): 767<br>Calories: 728  | Total Sodium (mg): 606<br>Calories: 745   |   |

**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.