

LIFEPATH - JANUARY 2022

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

PLEASE CALL YOUR SENIOR CENTER BEFORE 9:30AM ONE SERVING DAY AHEAD, TO ORDER OR CANCEL A MEAL .

PLEASE WEAR A MASK WHEN PICKING UP YOUR MEAL.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 FROZEN MEAL Wheat Bread Cookie (all)	4 mg Sodium Chicken Parmesan 856* Cavatappi Pasta 1 Italian Veg Blend 41 Italian Bread 132 Fruit Cup (Mixed) 5 Total Sodium (mg): 1160 Calories: 802	5 mg Sodium Potato Pollock 273 Tartar Sauce 100 Cinn Sweet Potatoes 36 Spinach 65 Wheat Bread 170 Snack n Loaf 115 Diet: Lorna Doones 147 Total Sodium (mg): 883 Calories: 781	6 mg Sodium Chicken Teriyaki 255 Veg Fried Rice 98 Asian Veg Blend 21 Multigrain Bread 164 Fortune Cookie 6 Fresh Pear 2 Total Sodium (mg): 670 Calories: 624	7 mg Sodium Beef Stew 163 California Veg Blend 22 Wheat Dinner Roll 105 Dessert 160 Diet: Cookie 55 Total Sodium (mg): 576 Calories: 770
10 mg Sodium Broccoli Bake 475 Home Fries 5 Stewed Tomatoes 251 Wheat Bread 170 Fruit Cup (Peaches) 10 Total Sodium (mg): 1036 Calories: 685	11 mg Sodium Beef & Cabbage Casserole 477 Diced Red Potatoes 5 Carrots 64 Rye Bread 150 Yogurt 75 Total Sodium (mg): 895 Calories: 822	12 mg Sodium Chicken Drummer 450 Sr Cream & Chive Mashed Potatoes 89 Scandinavian Veg Blend 61 Wheat Bread 170 Fruit Cup (Pear) 5 Total Sodium (mg): 900 Calories: 693	13 mg Sodium Meatball Stroganoff 232 Parslied Noodles 4 Broccoli & Cauliflower 31 Multigrain Bread 164 Cookie (all) 55 Total Sodium (mg): 611 Calories: 610	14 mg Sodium Roast Pork with Apple Cranberry Sauce 295 Butternut Squash 0 Brussels Sprouts 12 Pumpernickel Bread 155 Fresh Apple 2 Total Sodium (mg): 588 Calories: 567
17 MARTIN LUTHER KING HOLIDAY NO MEALS SERVED	18 mg Sodium Cheeseburger 241 Potato Wedges 273 Corn 1 Wheat Burger Bun 300 Fruit Cup (Mixed) 5 Total Sodium (mg): 946 Calories: 840	19 mg Sodium Beef & Lentil Chili 262 Brown Rice 4 Mixed Vegetables 88 Corn Muffin 90 Fruit (Peaches) 10 Total Sodium (mg): 579 Calories: 772	20 mg Sodium Chicken Coq Au Vin 349 Garlic Mashed Potatoes 66 French Green Beans 2 Multigrain Bread 164 Dessert 330 Diet: Lorna Doones 147 Total Sodium (mg): 1035 Calories: 805	21 mg Sodium Roast Turkey with 330 Herb Gravy 19 Bread Stuffing 316 Glazed Carrots 81 Wheat Dinner Roll 105 Fresh Clementine 1 Total Sodium (mg): 977 Calories: 592
24 mg Sodium Potato Pollock 273 Tartar Sauce 100 Scalloped Potatoes 125 Capri Veg Blend 15 Wheat Bread 170 Fruit Cup (Pears) 5 Total Sodium (mg): 813 Calories: 749	25 mg Sodium Macaroni & Cheese 498 Stewed Tomatoes 251 Multigrain Bread 164 Fruit Cup (Mixed) 5 Total Sodium (mg): 1042 Calories: 728	26 mg Sodium Chicken Corn Stew 265 Roasted Butternut Squash 0 Wheat Dinner Roll 105 Flavored Applesauce 10 Total Sodium (mg): 505 Calories: 477	27 mg Sodium Ground Beef Taco 161 with Cheddar 185 Spanish Rice with Kidney Beans 181 Peppers & Onions 27 Tortilla 220 Fruited Yogurt 75 Total Sodium (mg): 974 Calories: 855	28 mg Sodium Grilled Chicken with 320 Honey Ginger Glaze 88 Brown Rice Pilaf 149 Asian Veg Blend 21 Multigrain Bread 164 Fresh Pear 2 Total Sodium (mg): 869 Calories: 638
31 mg Sodium Pot Roast with Jardiniere Gravy 133 Rosemary Roasted Red Potatoes 5 Broccoli Au Gratin 133 Wheat Dinner Roll 105 Apple Pie 390 Diet: Cookie 55 Total Sodium (mg): 891 Calories: 840			ALL MEALS INCLUDE: 1% MILK 125 mg SODIUM 110 CALORIES	

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.