

LIFEPATH - JUNE 2021

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	WEDNESDAYS	THURSDAY	FRIDAY
31 MEMORIAL DAY HOLIDAY NO MEALS SERVED 	1 mg Sodium Meatball Marinara 304 TriColor Rotini 1 Vegetable Blend 15 Multigrain Bread 164 Assorted Fruit (cup) 5 Total Sodium (mg): 614 Calories: 662	2 mg Sodium Veal Roulade Francaise 389 Garlic Mashed Potatoes 66 Capri Veg Blend 15 Multigrain Bread 164 Assorted Fruit (cup) 5 Total Sodium (mg): 595 Calories: 608	3 mg Sodium Colby Jack Omelette 210 with Cheese Sauce 211 Sausage Patty 160 Home Fries 5 Spinach 65 Blueberry Muffin 200 Diet: Wheat Bread 170 Fresh Orange 0 Total Sodium (mg): 976 Calories: 780	4 mg Sodium Baked Cod with Lemon Dill Sauce 188 Au Gratin Potatoes 132 Broccoli 10 Multigrain Bread 164 Cheesecake 350 Diet: Grahams 85 Total Sodium (mg): 969 Calories: 874
7 mg Sodium Classic Chili 237 with Brown Rice 4 Green Beans 3 Cornbread 90 Lorna Doones 147 Total Sodium (mg): 605 Calories: 790	8 mg Sodium Lasagna Roll with Meat Sauce 340 Italian Veg Blend 41 Italian Bread 230 Yogurt 75 Total Sodium (mg): 811 Calories: 548	9 mg Sodium Grilled Chicken with Honey Ginger Sauce 88 Wild Rice Pilaf 140 Broccoli 10 Wheat Bread 170 Pineapple Cup 5 Total Sodium (mg): 858 Calories: 606	10 mg Sodium Turkey Corn Stew 464 Brussels Sprouts 12 Multigrain Bread 164 Fresh Fruit 1 Total Sodium (mg): 765 Calories: 496	11 mg Sodium Roast Pork with Herb Gravy 156 Butternut Squash 48 Peas & Pearl Onions 42 Wheat Bread 170 Flavored Applesauce 10 Total Sodium (mg): 551 Calories: 595
14 mg Sodium Meatball Stroganoff 232 with Noodles 4 Spinach 65 Rye Bread 150 Assorted Fruit (cup) 5 Total Sodium (mg): 581 Calories: 607	15 mg Sodium BBQ Chicken 470 Baked Beans 152 Mixed Vegetables 88 Wheat Bread 170 Assorted Fruit (cup) 5 Total Sodium (mg): 1010 Calories: 667	16 mg Sodium Potato Pollock 273 Tartar Sauce 100 Scalloped Potatoes 125 Italian Veg Blend 41 Marble Rye 127 Yogurt 75 Total Sodium (mg): 866 Calories: 741	17 mg Sodium Marinated Beef Tips 96 Rosemary Roasted Potatoes 5 California Veg Blend 22 Wheat Dinner Roll 105 Chocolate Cake 180 Diet: Cookie 105 Total Sodium (mg): 533 Calories: 850	18 mg Sodium Chicken Jambalaya 310 Brown Rice 4 Corn 1 Multigrain Bread 164 Fresh Fruit 1 Total Sodium (mg): 605 Calories: 658
21 JUNETEENTH EMANCIPATION HOLIDAY NO MEALS SERVED	22 mg Sodium Cheeseburger 384 Potato Wedges 273 Broccoli 10 Hamburger Roll 230 Flav Applesauce 10 Total Sodium (mg): 1033 Calories: 764	23 mg Sodium Breaded Chicken Drummer 450 Cinnamon Sweet Potatoes 36 Peas & Carrots 72 Wheat Bread 170 Assorted Fruit (cup) 5 Total Sodium (mg): 857 Calories: 627	24 mg Sodium Sweet & Sour Diced Pork 104 Vegetable Fried Rice 98 Asian Veg Blend 21 Multigrain Bread 164 Fortune Cookie 6 Fresh Clementine 1 Total Sodium (mg): 519 Calories: 691	25 mg Sodium Chicken ala Vodka with Penne Pasta 518* Italian Veg Blend 41 Italian Bread 230 Cookie (all) 105 Total Sodium (mg): 1019 Calories: 626
28 mg Sodium Salisbury Steak with Mushroom Gravy 231 Whipped Potatoes 66 Summer Squash Medley 3 Multigrain Bread 164 Yogurt 75 Total Sodium (mg): 499 Calories: 589	29 mg Sodium Kielbasa & Cabbage Casserole 304 Red Bliss Potatoes 4 Carrots 64 Rye Bread 150 Brownie 100 Diet: Lorna Doones 147 Total Sodium (mg): 746 Calories: 668	30 mg Sodium Philly Steak with Cheddar 593* Peppers & Onion Medley 27 O'Brien Potatoes 34 Small Sub Roll 218 Fresh Fruit 1 Total Sodium (mg): 999 Calories: 704	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.