

For Reservations or Cancellations call by 12:00 Noon the day before at 781-2135 or Toll free 800-649-3641

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ Baked Chicken Oven Brown Potatoes Mixed Vegetables Wheat Bread Reg/Diet Ambrosia	2 Roast Pork/Gravy Delmonico Potatoes Butternut Squash Rye Bread Reg/Diet Applesauce	3 Salisbury Steak/Mush Gravy Mashed Potato Broccoli Pumpernickel Bread Reg Rice Raisin Pudding Diet Vanilla Pudding
Calories: Fat %: Sodium: mg	Calories: Fat %: Sodium: mg	Calories:760 Fat %: 39 Sodium: 903mg	Calories: 821 Fat %: 22 Sodium: 566 mg	Calories: 834 Fat %: 41 Sodium:931 mg
6 Baked Chicken/Sw & Sour Sce Rice Pilaf Mixed Vegetables (Peas, Carrots, Corn, Green Beans) Multi Grain Bread Reg/Diet Applesauce	7 Spaghetti/Tomato Sauce Meatballs/Tomato Sauce Spinach Italian Bread Reg/Diet Butterscotch Pudding	8 Mild Taco Salad (Hamburger, Black Olives, Shredded Lettuce, Shredded Cheese) Yellow Rice Wax Beans Dinner Roll Reg Cherry Turnover Diet Angel Cake	9 <u>COLD PLATE</u> Seafood Salad Red Bean & Chic Pea Salad Macaroni Salad Hot Dog Bun Reg/Diet Peach Cup	10 * Kielbasa/Mustard Lazy Pierogi Carrots Rye Bread Fresh Fruit (Orange)
Calories:740 Fat %: 28 g Sodium: 575 mg	Calories:787 Fat %:30 Sodium: 1497mg	Calories:717 Fat %: 29 Sodium: 879mg	Calories: 1013 Fat %:47 Sodium:1212 mg	Calories:689 Fat %:69 Sodium: 1466mg
13 Sandy Country Pie (Hamburg, Rice, Cheese, Tomato Sauce) Green Beans Wheat Bread Reg/Diet Mixed Fruit	14 <u>VALENTINE'S DAY</u> Roast Turkey/Gravy Cranberry Sauce Mashed Potato Italian Blend Vegetables Multi Grain Bread Reg Apple Turnover Dt Angel Ck	15 <u>BOARD MEETING</u> Italian Beef Stew Buttered Ziti Tossed Salad Dinner Roll Reg Pistachio Pudding Diet Vanilla Pudding	16 Macaroni & Cheese Stewed Tomatoes Peas Rye Bread Reg/Diet Pineapple	17 Breaded Veal Pattie/Gravy Mashed Potato Corn Pumpernickel Bread Reg/Diet Fruited Jell-O
Calories: 655 Fat %: 37 Sodium: 593	Calories: 909 Fat %: 32 Sodium: 751mg	Calories:792 Fat %: 33 Sodium: 853mg	Calories: 1017 Fat %: 30 Sodium:1140 mg	Calories:825 Fat %: 30 Sodium: 789mg
20 PRESIDENT'S DAY CLOSED (NO MEALS)	21 Breaded Chicken Breast Fillet/ Chicken Gravy Sweet Potatoes Green Beans Multi Grain Bread Reg/Diet Peach Cup	22 <u>ASH WEDNESDAY</u> Pier 17 Fish/Tartar Sauce Oven Brown Potatoes Peas Hamburg Roll Fresh Fruit (Apple)	23 Meatloaf/Gravy Mashed Potatoes Carrots Wheat Bread Reg Frosted Chocolate Cake Diet Angel Cake	24(2) Stuffed Shells/Tomato Sce Roman Style Blend Vegetables Tossed Salad Italian Bread Reg/Diet Dried Fruit Mix
Calories: Fat %: Sodium: mg	Calories:665 Fat %: 23 Sodium: 1014mg	Calories:858 Fat %:41 Sodium: 1016mg	Calories:842 Fat %:36 Sodium: 863mg	Calories:591 Fat %:30 Sodium: 951mg
27 Roast Beef/Gravy Mashed Red Potatoes Sweet & Sour Cabbage Rye Bread Reg Lemon Pudding, Diet Vanilla	28 * Hot Dog/Mustard, Relish Baked Beans Wax Beans Hot Dog Bun Fresh Fruit (Pear)	29 Orange Juice American Chop Suey Zucchini Multi Grain Bread Reg/Diet Apricots	Menu Subject To Change Without Notice * High Sodium Entree Puree Meals available Call GSSSI	1% Milk Served Calories Reflect Regular Dessert
Calories:772 Fat %:36 Sodium:663mg	Calories:996 Fat %:49 Sodium: 1972mg	Calories:692 Fat %:29 Sodium: 772mg	Calories: Fat %: Sodium: mg	Calories: Fat %: Sodium: mg

