

For Reservations or Cancellations call by 11:30 Noon the day before at 781-2135 or Toll free 800-649-3641

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Total Calories & Sodium Includes 1% Milk & Margarine  Total Calories & Sodium Is Based On Regular Dessert	1 NEW YEAR'S DAY  CLOSED  (NO MEALS)	2 Pollo al Horno/Mostaza De Miel ½ Papa Horneada/ Sour Cream Mixed Vegetables Oat Nut Bread Reg/Diet Mixed Fruit	3 Potato Pollack/Tartar Sauce O'Brien Potatoes Peas Rye Bread Fresh Apple	4 Allondigas Albondigas en Salsa Arroz Blanco Green Beans Pumpnickel Bread Reg/Diet Pineapple
Calories: Sodium:	Calories: Sodium:	Calories: 855 Sodium: 810	Calories: 971 Sodium: 922	Calories: 660 Sodium: 685
7 Pollo al Horno/ Salsa Piccata Batatas Dulces Green Beans Whole Wheat Bread Reg/Diet Peaches	8 Pastel de Carne/Con Salsa de Tomate Yucca/Ajo/Sebolla Winter Mix Vegetables Oat Nut Bread Reg Frozen Strawberry Cup Diet Applesauce	9 Chicken Al-La-King White Rice Carrots Whole Wheat Dinner Roll Reg Birthday Cake Diet Angel Cake	10 Macarrones con Pollo Tomates Cocidos Peas Pumpnickel Bread Reg/Diet Fruited Jell-O	11 Pot Roast/Beef Gravy Scalloped Potatoes Sweet & Sour Cabbage 12 Grain Bread Fresh Banana
Calories: 728 Sodium: 846	Calories: 831 Sodium: 786	Calories: 759 Sodium: 704	Calories: 697 Sodium: 568	Calories: 903 Sodium: 854
14 <u>CATCH OF THE DAY</u> Pescadilla Coa Salsa de Pimientos Rojo Arroz Blanco Spinach Oat Nut Bread Reg/Diet Fruited Jell-O	15 Pollo Guisado Arroz Amarillo Carrots Rye Bread Reg/Diet Chocolate Pudding	16 Hot Dog/Mustard & Relish Vegetarian Baked Beans Cole Slaw Hot Dog Bun Fresh Orange	17 Taco Bowl Shredded Cheese Yellow Rice Corn Dinner Roll Reg/Diet Mixed Fruit	18 Pollo al Horno/Salsa Marsala Whole Wheat Pasta/Vodka Sauce Tossed Salad Italian Bread Reg/Diet Peach Crisp
Calories: 579 Sodium: 779	Calories: 683 Sodium: 859	Calories: 821 Sodium: 1256	Calories: 727 Sodium: 651	Calories: 809 Sodium: 639
21 MARTIN LUTHER KING JR DAY  CLOSED  (NO MEALS)	22 Pollo al Horno/Tomates/ Sebolla/Pimientos Arroz Amarillo/Con Maiz Carrots Whole Wheat Dinner Roll Reg/Diet Pineapple	23 Stuffed Shells/Meat Sauce Spinach Tossed Salad 12 Grain Bread Reg/Diet Ambrosia	24 Salisbury Steak/Beef Gravy Garlic Herb Red Roasted Potatoes Wax Beans Rye Bread Fresh Pear	25 Carne Molida Guisada Arroz Blanco Whole Wheat Dinner Roll Reg Coconut Rice Pudding Diet Vanilla Pudding
Calories: Sodium:	Calories: 657 Sodium: 586	Calories: 824 Sodium: 963	Calories: 563 Sodium: 726	Calories: 785 Sodium: 804
28 Pollo Guisado con Frijoles Blancos Arroz Blanco Tuscan Blend Vegetables 12 Grain Bread Fresh 4 oz. Dried Cranberries	29 Latino Fiesta Fish Latino Yucca Cole Slaw Pumpnickel Bread Reg (2) Chocolate Chip Cookies Diet (1) Chocolate Chip Cookie	30 Pollo al Horno/Salsa de Hongo/Estragon O'Brien Potatoes Peas Rye Bread Reg/Diet Vanilla Pudding	31 Egg Florentine Casserole Yellow Rice Carrots Oat Nut Bread Reg/Diet Blueberry Yogurt	Suggested Voluntary Donation \$2.00 Per Meal  * High Sodium Entrée  Puree Meals Available Call GSSSI
Calories: 942 Sodium: 694	Calories: 880 Sodium: 793	Calories: 961 Sodium: 725	Calories: 935 Sodium: 842 mg	Calories: Sodium: mg

