

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
Total Calories & Sodium Includes 1% Milk & Margarine	Suggested Voluntary Donation \$2.00 Per Meal			1 Baked Chicken Cacciatore Ziti Alfredo Spinach Italian Bread Fresh Banana
Total Calories & Sodium Is Based On Regular Dessert	* High Sodium Entrée Puree Meals Available Call GSSSI			
Calories: Sodium:	Calories: Sodium:	Calories: Sodium:	Calories: Sodium:	Calories: 752 Sodium: 584
4 Pastel De Carne/ Con Salsa De Tomate Pastel De Carne Malanga Green Bean Casserole Oat Nut Bread Reg/Diet Mixed Fruit	5 Frozen Soup/Crackers Baked Chicken/Wine Sauce Sweet Potatoes Wheat Bread Reg/Diet Peaches	6 <u>ASH WEDNESDAY</u> Baked Haddock/Dill Sauce Oven Brown Potatoes Genoa Style Vegetables Rye Bread Reg Frosted Birthday Cake Diet Angel Cake	7 Hot Dog/Mustard & Relish Baked Beans Cole Slaw Hot Dog Bun Fresh Orange	8 Pescado Guisado Arroz Blanco Carrots Pumpnickel Bread Reg/Diet Pineapple
Calories: 849 Sodium: 771	Calories: 714 Sodium: 828	Calories: 592 Sodium: 1140	Calories: 858 Sodium: 1256	Calories: 519 Sodium: 691
11 Baked Chicken/Manhattan Glaze Lyonnais Potatoes Spinach Wheat Bread Reg/Diet Applesauce	12 Albondigas En Salsa Arroz Con Maiz Winter Mix Vegetables Oat Nut Bread Fresh Apple	13 <u>ST. PATRICK'S DAY CELEB</u> Corned Beef/Mustard Parsley Boiled Potatoes Cabbage/Carrots Rye Bread Reg/Diet Lime Fruited Jell-O/ Topping	14 Mild Beef & Bean Chili ½ Baked Potato/Margarine Cucumber Salad Pumpnickel Bread Reg/Diet Chocolate Pudding	15 Latino Fiesta Fish Stewed Tomatoes Peas Pumpnickel Bread Reg/Diet Ambrosia
Calories: 1010 Sodium: 792	Calories: 700 Sodium: 743	Calories: 679 Sodium: 1397	Calories: 756 Sodium: 663	Calories: 627 Sodium: 590
18 Conditos Con Carne Italian Style Vegetables Rye Bread Reg/Diet Peaches	19 Pollo & Arroz Blanco Carrots Tossed Salad Pumpnickel Bread Reg/Diet Butterscotch Pudding	20 Sweet Italian Sausage Bites (6) Tomatoes/Onions/Peppers Buttered Rotini Scandinavian Vegetables Oatmeal Bread Fresh Pear	21 Pot Roast/Beef Gravy Mashed Potatoes Parmesan Ranch Green Beans NEW Whole Wheat Dinner Roll Reg/Diet Apple Crisp/Topping	22 Potato Pollock/Tartar See ½ Baked Potato/Margarine Corn Monterey Wheat Bread Reg/Diet Mixed Fruit
Calories: 615 Sodium: 422	Calories: 707 Sodium: 903	Calories: 902 Sodium: 1094	Calories: 799 Sodium: 608	Calories: 784 Sodium: 839
25 Pollo/Chick Pea Guisado Arroz Blanco Broccoli Oat Nut Bread Fresh Orange	26 Beef Burgundy Buttered Egg Noodles Peas/Onions Rye Bread Reg/Diet Bread Pudding	27 Frozen Soup/Crackers Baked Chicken/Piccata Sauce Corn Casserole Pumpnickel Bread Reg/Diet Frozen Strawberries	28 Latino Ground Meat & Plantains Arroz Blanco & Gandules Tomato/Onion Salad Oat Nut Bread Fresh Dried Cranberries	29 W. G. Vegetable Lasagna Roll Up/Tomato Sauce Tuscan Blend Vegetables Tossed Salad Italian Bread Reg Lemon Pudding Diet Vanilla Pudding
Calories: 1047 Sodium: 1055	Calories: 826 Sodium: 568	Calories: 937 Sodium: 1221	Calories: 997 Sodium: 785 mg	Calories: 601 Sodium: 1020 mg

