

For Reservations or Cancellations call by 11:30 a.m. the day before at the site you attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>	<p>3 Braised Pork w/Apple Gravy(276) Steamed Peas(97) Mashed Potatoes(46) Whole Wheat Bread(150) Chilled Pineapple (1)</p>	<p>4</p>	<p>5 Beef Stroganoff(230) Brussels Sprouts(15) Egg Noodles(5) Italian Bread(230) Reg(70)/Diet Cookie(70)</p>	<p>6</p>
	<p>Cal:756 Carb:104 Na:691</p>		<p>Cal:616 Carb:84 Na:691</p>	
<p>9</p>	<p>10 Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Reg(150)/Diet Cookies(150)</p>	<p>11</p>	<p>12 BIRTHDAY MEAL/HIGH SOD. DAY Chicken Cordon Bleu*(684) Steamed Broccoli (9) ½ Sweet Potato(33) Dinner Roll(150) Birthday Cake (215)</p>	<p>13</p>
	<p>Cal:644 Carb:78 Na:773</p>		<p>Cal:811 Carb:102 Na:1241</p>	
<p>16</p>	<p>17 SOUP & SANDWICH LUNCH Traditional Egg Salad(338) Pickled Beets(195) Chicken Vegetable Soup(163) Club Roll(340) Fresh Fruit(1)</p>	<p>18</p>	<p>19 WINTER HOLIDAY LUNCH Ham w/Pineapple (426) Herbed Green Beans(5) Au Gratin Potatoes(196) Dinner Roll(210) Apple Pie (380)</p>	<p>20</p>
	<p>Cal:818 Carb:71 Na:1180</p>		<p>Cal:899 Carb:122 Na:1342</p>	
<p>23</p>	<p>24 Pot Roast w/Gravy (126) Brussels Sprouts(12) Garlic Mashed Potatoes(118) Whole Wheat Bread(150) Reg(75)/Diet Cookies(75)</p>	<p>25</p> <p style="text-align: center;">HOLIDAY</p>	<p>26 Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(115) Chilled Pineapple(1)</p>	<p>27</p>
	<p>Cal:718 Carb:83 Na:614</p>		<p>Cal:755 Carb:100 Na:799</p>	
<p>30</p>	<p>31 Korean Meatballs(577) Pacific Blend Veg(5) White Rice(4) Oatnut Bread(150) Reg(79)/Diet Cookies(79)</p>	<p>Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na). Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg) Carb= Carbs/Carbs w/ Low Carb Dessert</p>	<p>Menu subject to change without notice. Suggested voluntary donation \$2 per meal</p>	<p>If you have a special concern regarding sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.</p>
	<p>Cal:683 Carb:94 Na:983</p>			