

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| 2 American Chop Suey(211) Roman Blend Veg(13) Wheat Roll(210) Rice Krispie Treat(88) | 3 Braised Pork w/Apple Gravy(276) Steamed Peas(97) Mashed Potatoes(46) Whole Wheat Bread(150) Chilled Pineapple (1) | 4 Jamaican Jerk Chicken(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) | 5 Beef Stroganoff(230) Brussels Sprouts(15) Egg Noodles(5) Italian Bread(230) Reg(70)/Diet Cookie(70) | 6 Eggplant Parmesan*(659) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Fresh Fruit(1) |
| Cal:685 Carb:94 Na:662 | Cal:756 Carb:104 Na:691 | Cal:805 Carb:95 Na:1090 | Cal:616 Carb:84 Na:691 | Cal:838 Carb:107 Na:1164 |
| 9 SOUP & SANDWICH LUNCH Turkey & Provolone Cheese(387) Potato Salad(224) Butternut Squash Soup(84) Club Roll(340) Chilled Applesauce(14) | 10 Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Reg(150)/Diet Cookies(150) | 11 Turkey Taco Plate(347) Tossed Salad w/Ranch(123) Yellow Rice(29) Sour Cream(9) Tortilla Chips(115) Chilled Pineapple(6) | 12 BIRTHDAY MEAL/HIGH SOD. DAY Chicken Cordon Bleu*(684) Steamed Broccoli (9) ½ Sweet Potato(33) Dinner Roll(150) Cupcake(240)/Diet Cake(166) | 13 Butter Crumb Fish(296) Parslied Carrots(62) Roasted Red Potatoes(21) Whole Wheat Bread(150) Fresh Fruit(2) Tartar(130) |
| Cal:784 Carb:92 Na:1188 | Cal:644 Carb:78 Na:773 | Cal:832 Carb:90 Na:1134 | Cal:800 Carb:102/90 Na:1266 | Cal:577 Carb:71 Na:650 |
| 16 Ravioli w/Meat Sauce*(557) Collard Greens(135) Italian Bread(230) Mandarin Oranges(7) | 17 SOUP & SANDWICH LUNCH Traditional Egg Salad(338) Pickled Beets(195) Chicken Vegetable Soup(163) Club Roll(340) Fresh Fruit(1) | 18 WINTER HOLIDAY LUNCH/HIGH SOD. Ham with Pineapple(426) Herbed Green Beans(5) Au Gratin Potatoes(196) Dinner Roll(210) Apple Pie(380) | 19 Chicken Broccoli Alfredo Pasta*(512) Steamed Spinach(188) Orange Juice(26) Whole Wheat Roll(210) Reg(70)/Diet Cookies(70) | 20 Pierogis(440) Sautéed Cabbage(44) Parslied Carrots(62) 12 Grain Bread(115) Mixed Fruit(5) |
| Cal:566 Carb:73 Na:1069 | Cal:818 Carb:71 Na:1180 | Cal:899 Carb:122 Na:1342 | Cal:777 Carb:110 Na:1147 | Cal:599 Carb:96 Na:891 |
| 23 Turkey w/Dijon Sauce*(893) Steamed Peas(97) Rice Pilaf(12) Whole Wheat Bread(115) Fresh Fruit(1) | 24 Pot Roast w/Gravy (126) Brussels Sprouts(12) Garlic Mashed Potatoes(118) Whole Wheat Bread(150) Reg(75)/Diet Cookies(75) | 25 HOLIDAY- NO MEALS | 26 Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(115) Chilled Pineapple(1) | 27 Turkey Chili(335) Sour Cream(9) Steamed Broccoli(9) White Rice(4) Italian Bread(230) Chilled Applesauce(14) |
| Cal:621 Carb:82 Na:1195 | Cal:718 Carb:83 Na:614 | | Cal:755 Carb:100 Na:799 | Cal:656 Carb:88 Na:741 |
| 30 Creamy Roasted Red Pepper Pasta(247) w/Chicken(420) Herbed Green Beans(5) Whole Wheat Bread(150) Mandarin Oranges(7) | 31 Korean Meatballs(577) Pacific Blend Veg(5) White Rice(4) Oatnut Bread(150) Reg(79)/Diet Cookies(79) | 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 | Menu subject to change without notice. Suggested voluntary donation \$2 per meal | If you have a special concern regarding sodium, contact the Nutritionist. Call GSSI 781-8806 X 1136 for more information. |
| Cal:805 Carb:116 Na:968 | Cal:683 Carb:94 Na:983 | | | |