

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> American Chop Suey(211) Roman Blend Veg(13) Wheat Roll(210) Rice Krispie Treat(88) Cal:685 Carb:94 Na:662	<b>3</b>	<b>4</b> Jamaican Jerk Chicken(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:805 Carb:95 Na:1090	<b>5</b>	<b>6</b> Eggplant Parmesan*(659) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Fresh Fruit(1) Cal:838 Carb:107 Na:1164
<b>9 SOUP &amp; SANDWICH LUNCH</b> Turkey & Provolone Cheese(387) Potato Salad(224) Butternut Squash Soup(84) Club Roll(340) Chilled Applesauce(14) Cal:784 Carb:92 Na:1188	<b>10</b>	<b>11 BIRTHDAY MEAL/HIGH SODIUM DAY</b> Turkey Taco Plate(347) Tossed Salad w/Ranch(123) Yellow Rice(29) Sour Cream(9) Tortilla Chips(115) Birthday Cake (215) Cal:938 Carb:100 Na:1348	<b>12</b>	<b>13</b> Butter Crumb Fish(296) Parslied Carrots(62) Roasted Red Potatoes(21) Whole Wheat Bread(150) Fresh Fruit(2) Tartar(130) Cal:577 Carb:71 Na:650
<b>16</b> Ravioli w/Meat Sauce*(557) Collard Greens(135) Italian Bread(230) Mandarin Oranges(7) Cal:566 Carb:73 Na:1069	<b>17</b>	<b>18 WINTER HOLIDAY LUNCH/HIGH SOD.</b> Ham with Pineapple(426) Herbed Green Beans(5) Au Gratin Potatoes(196) Dinner Roll(210) Apple Pie(380) Cal:899 Carb:122 Na:1342	<b>19</b>	<b>20</b> Pierogis(440) Sautéed Cabbage(44) Parslied Carrots(62) 12 Grain Bread(115) Mixed Fruit(5) Cal:599 Carb:96 Na:891
<b>23</b> Turkey w/Dijon Sauce*(893) Steamed Peas(97) Rice Pilaf(12) Whole Wheat Bread(115) Fresh Fruit(1) Cal:621 Carb:82 Na:1195	<b>24</b>	<b>25</b> <p style="text-align: center;"><b>HOLIDAY- NO MEALS</b></p>	<b>26</b>	<b>27</b> Turkey Chili(335) Sour Cream(9) Steamed Broccoli(9) White Rice(4) Italian Bread(230) Chilled Applesauce(14) Cal:656 Carb:88 Na:741
<b>30</b> Creamy Roasted Red Pepper Pasta(247) w/Chicken(420) Herbed Green Beans(5) Whole Wheat Bread(150) Mandarin Oranges(7) Cal:805 Carb:116 Na:968	<b>31</b>	Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na). <b>Key for Symbols:</b> 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 GSSSI 781-8806 X 1136 for more information.