

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) Cal:685 Carb:94 Na:662	3	4 Jamaican Jerk Chicken(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:805 Carb:95 Na:1090	5	6 Eggplant Parmesan*(659) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Fresh Fruit(1) 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) Cal:784 Carb:92 Na:1188	10	11 BIRTHDAY MEAL/HIGH SODIUM DAY 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	12	13 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
16 Ravioli w/Meat Sauce*(557) Collard Greens(135) Italian Bread(230) Mandarin Oranges(7) Cal:566 Carb:73 Na:1069	17	18 WINTER HOLIDAY LUNCH/ HIGH SOD. Ham with Pineapple(426) Herbed Green Beans(5) Au Gratin Potatoes(196) Dinner Roll(210) Apple Pie(380) Cal:899 Carb:122 Na:1342	19	20 Pierogis(440) Sautéed Cabbage(44) Parslied Carrots(62) 12 Grain Bread(115) Mixed Fruit(5) 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) Cal:621 Carb:82 Na:1195	24	25 <p style="text-align: center;">HOLIDAY- NO MEALS</p>	26	27 Turkey Chili(335) Sour Cream(9) Steamed Broccoli(9) White Rice(4) Italian Bread(230) Chilled Applesauce(14) 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) Cal:805 Carb:116 Na:968	31	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 GSSSI 781-8806 X 1136 for more information.