

| MONDAY                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                                                     | WEDNESDAY | THURSDAY                                                                                                                                                      | FRIDAY    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| <b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp;margarine(15mg Na).</b><br><br><b>Suggested voluntary donation \$3/meal</b><br><b>Menu subject to change without notice.</b> | <b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X1136 for more information.</b><br><b>Key for Symbols:</b> Carb= Carbohydrate<br>Na= Sodium    *Sodium content(>500mg)<br>Cal= Calories    Sodium (mg) | <b>1</b>  | <b>2</b><br>Pierogis(440)<br>Sautéed Cabbage(36)<br>Parslied Carrots(62)<br>12 Grain Bread(115)<br>Fresh Fruit(1)    Sour Cream(9)                            | <b>3</b>  |
|                                                                                                                                                                                                          |                                                                                                                                                                                                                                                             |           | Cal:621    Carb:102    Na:888                                                                                                                                 |           |
| <b>6</b>                                                                                                                                                                                                 | <b>7</b><br>Fish Chowder(421)<br>Green Beans(5)<br>Oyster Crackers(160)<br>Chilled Pineapple(1)                                                                                                                                                             | <b>8</b>  | <b>9</b><br>Jamaican Jerk Chicken(489)<br>Collard Greens(245)<br>Coconut Rice(171)<br>Oatnut Bread(150)<br>Fresh Fruit(2)                                     | <b>10</b> |
|                                                                                                                                                                                                          | Cal:583    Carb:77    Na:726                                                                                                                                                                                                                                |           | Cal:845    Carb:106    Na:1087                                                                                                                                |           |
| <b>13</b><br><br><b>HOLIDAY</b>                                                                                                                                                                          | <b>14</b><br>American Chop Suey(211)<br>Roman Blend Veg(13)<br>Wheat Roll(210)<br>Fudge Round Cookie(80)                                                                                                                                                    | <b>15</b> | <b>16</b><br>Braised Pork w/Apple Gravy(298)<br>Steamed Peas(97)<br>Herb Roasted Potatoes(22)<br>Whole Wheat Bread(150)<br>Reg/Diet Pudding(246)w/Topping(12) | <b>17</b> |
|                                                                                                                                                                                                          | Cal:720    Carb:95    Na:667                                                                                                                                                                                                                                |           | Cal:867    Carb:113    Na:943                                                                                                                                 |           |
| <b>20</b>                                                                                                                                                                                                | <b>21 BIRTHDAY/HIGH SODIUM MEAL</b><br>Chicken Cordon Bleu*(684)<br>Steamed Broccoli (9)<br>½ Sweet Potato(43)<br>Dinner Roll(150)<br>Birthday Cake(215)                                                                                                    | <b>22</b> | <b>23</b><br>Potato Pollock Filet(270)<br>Coleslaw(122)<br>Steamed Corn(1)    Tartar(130)<br>Whole Wheat Bread(115)<br>Mandarin Oranges(7)                    | <b>24</b> |
|                                                                                                                                                                                                          | Cal:811    Carb:102    Na:1241                                                                                                                                                                                                                              |           | Cal:725    Carb:93    Na:795                                                                                                                                  |           |
| <b>27</b>                                                                                                                                                                                                | <b>28</b><br>Mediterranean Turkey*(517)<br>Marinated Cucumber Salad(27)<br>Couscous(4)<br>Whole Wheat Bread(150)<br>Reg(53)/Diet Jello(35)w/Topping(12)                                                                                                     | <b>29</b> | <b>30</b><br>Lasagna w/Meat Sauce(730)<br>Tossed Salad w/Italian(137)<br>Garlic Bread(230)<br>Fresh Fruit(1)                                                  | <b>31</b> |
|                                                                                                                                                                                                          | Cal:504    Carb:54    Na:843                                                                                                                                                                                                                                |           | Cal:691    Carb:92    Na:1031                                                                                                                                 |           |