

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na). Suggested voluntary donation \$3/meal Menu subject to change without notice.	If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X1136 for more information. Key for Symbols: Carb= Carbohydrate Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	1 Rosé Chicken(556) Tossed Salad w/Ranch(122) Penne Pasta(22) Garlic Toast(210) Reg/Diet Cookie(70) Cal:713 Carb:81 Na:1120	2 Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Fresh Fruit(1) Sour Cream(9) Cal:621 Carb:102 Na:888	3 Shepherd’s Pie(161) Steamed Peas(97) Mashed Potato Topping Whole Wheat Bread(150) Apple Crisp(46) Cal:689 Carb:78 Na:613
6 Mac & Cheese(296) Stewed Tomatoes(205) Whole Wheat Bread(150) Cranberry Juice (3) Reg/Diet Jello(53) w/Topping(12) Cal:568 Carb:70/69 Na:840	7 Fish Chowder(421) Green Beans(5) Oyster Crackers(160) Chilled Pineapple(1) Cal:583 Carb:77 Na:726	8 Turkey Taco Bowl(156) Tossed Salad(12) w/Ranch(110) Yellow Rice(97) Tortilla Chips(46) Reg/Diet Cookies(70) Cal:860 Carb:96 Na:1114	9 Jamaican Jerk Chicken(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Fresh Fruit(2) Cal:845 Carb:106 Na:1087	10 Pot Roast w/Gravy (126) Steamed Peas(97) Mashed Potatoes(118) Whole Wheat Bread(150) Mixed Fruit(5) Cal:725 Carb:85 Na:626
13 HOLIDAY- NO MEALS	14 American Chop Suey(211) Roman Blend Veg(13) Wheat Roll(210) Fudge Round Cookie(80) Cal:720 Carb:95 Na:667	15 Butter Crumb Fish(296) Parslied Carrots Rice Pilaf(11) Whole Wheat Bread(150) Mandarin Oranges(7) Tartar(130) Cal:592 Carb:71 Na:806	16 Braised Pork w/Apple Gravy(298) Steamed Peas(97) Herb Roasted Potatoes(22) Whole Wheat Bread(150) Reg/Diet Pudding(246)w/Topping(12) Cal:867 Carb:113 Na:943	17 NO GSSSI MEAL SERVICE
20 Turkey Chili(335) Sour Cream(9) Mixed Vegetables(53) White Rice(4) Italian Bread(230) Chilled Pineapple(1) Cal:744 Carb:107 Na:773	21 BIRTHDAY/HIGH SODIUM MEAL Chicken Cordon Bleu*(684) Steamed Broccoli (9) ½ Sweet Potato(43) Dinner Roll(150) Cupcake(240)/Diet Cake(166) Cal:800 Carb:102/90 Na:1266	22 BBQ Pulled Pork(365) Green Beans(5) Mashed Potatoes(104) WW Burger Bun(160) Fresh Fruit(1) Cal:746 Carb:91/79 Na:939	23 Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(115) Mandarin Oranges(7) Cal:725 Carb:93 Na:795	24 Cranberry Apple Chicken(278) Steamed Peas(97) Roasted Red Potatoes(22) Multigrain Bread(200) Reg(53)/Diet Jello(35)w/Topping(12) Cal:689 Carb:82/80 Na:766
27 Chicken & Dumplings*(541) Mashed Butternut Squash (3) Multigrain Bread(200) Apple Crisp(65) Cal:779 Carb:105 Na:1053	28 Mediterranean Turkey*(517) Marinated Cucumber Salad(27) Couscous(4) Whole Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12) Cal:504 Carb:54 Na:843	29 Crab Cake*(600) w/tartar(130) Steamed Corn(4) Coleslaw(122) Whole Wheat Bread(150) Chilled Pineapple(9) Cal:674 Carb:96 Na:1138	30 Lasagna w/Meat Sauce(730) Tossed Salad w/Italian(137) Garlic Bread(230) Fresh Fruit(1) Cal:691 Carb:92 Na:1031	31 HAPPY HALLOWEEN Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Cal:864 Carb:106 Na:1048