

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Thai Curry Style Meatballs(376) Green Beans(5) White Rice(4) Multigrain Bread(150) Chilled Pineapple(1)	5	6 Chicken Piccata(523) Tossed Salad w/Italian(106) Rice Pilaf(38) Garlic Bread(210) Fresh Fruit(1)	7
	Cal:685 Carb:89 Na:726		Cal:748 Carb:87 Na:1019	
10	11 HOLIDAY- NO MEALS	12	13 BIRTHDAY MEAL Bruschetta Chicken(344) Steamed Spinach(188) Penne Pasta(22) Whole Wheat Bread(150) Birthday Cake(215)	14
			Cal:750 Carb:84 Na:1060	
17	18 Ravioli w/ Meat Sauce*(557) California Blend Veg(17) Italian Bread(230) Reg/Diet Jello(35) w/Topping(12)	19	20 THANKSGIVING/HIGH SODIUM MEAL Turkey w/Gravy*(721) Green Beans(5) Mashed Potatoes(118) Cranberry Stuffing(167) Pumpkin Pie (437)	21
	Cal:528 Carb:64 Na:974		Cal:910 Carb:120 Na:1288	
24	25 Indian Style Butter Chicken*(518) Steamed Spinach (188) Coconut Rice(171) Whole Wheat Bread(150) Chilled Pineapple(7)	26	27 HOLIDAY- NO MEALS	28
	Cal:803 Carb:84 Na:1174			
	<u>Key for Symbols:</u> Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	Suggested voluntary donation \$3/meal Menu subject to change without notice.	Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na).	If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.

