

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SOUP AND SANDWICH Turkey(319) & Provolone Cheese (174) Celery Salad(75) Tomato Soup(152) Hamburger Bun(230) Applesauce(14)	4 Thai Curry Style Meatballs(376) Green Beans(5) White Rice(4) Multigrain Bread(150) Chilled Pineapple(1)	5 HIGH SODIUM DAY Hot Dog w/Bun*(750) Broccoli Slaw(119) Baked Beans(140) Mixed Fruit(5) Ketchup(82)/Mustard(55)	6 Chicken Piccata(523) Tossed Salad w/Italian(106) Rice Pilaf(38) Garlic Bread(210) Fresh Fruit(1)	7 Crab Cake*(600) w/tartar(130) Coleslaw(122) Steamed Corn(4) Whole Wheat Bread(150) Jello(35)w/Topping(12)
Cal:600 Carb:60 Na:1090	Cal:685 Carb:89 Na:726	Cal:759 Carb:79 Na:1412	Cal:748 Carb:87 Na:1019	Cal:623 Carb:79 Na:1148
10 Ham w/Pineapple(426) Steamed Peas(97) Baked Sweet Potato(22) Whole Wheat Bread(150) Mandarin Oranges(7)	11 HOLIDAY- NO MEALS	12 Beef Taco Bowl(156) Tossed Salad(12) w/Ranch(110) Yellow Rice(97) Tortilla Chips(46) Cookies(70)	13 Bruschetta Chicken(344) Steamed Spinach(188) Penne Pasta(22) Whole Wheat Bread(150) Fresh Fruit(1)	14 Butter Crumb Fish(296) Parslied Carrots(62) Tartar(130) Roasted Red Potatoes(22) Whole Wheat Bread(150) Pudding(246) w/Topping(12)
Cal:562 Carb:91 Na:902		Cal:622 Carb:53 Na:632	Cal:646 Carb:75 Na:846	Cal:708 Carb:82/78 Na:1021
17 Chicken Pot Pie(269) California Blend Veg(17) Biscuit Topping(188) Apple Crisp(58)	18 Ravioli w/ Meat Sauce*(557) California Blend Veg(17) Italian Bread(230) Reg/Diet Jello(35) w/Topping(12)	19 THANKSGIVING/HIGH SODIUM MEAL Turkey w/Gravy*(721) Green Beans(5) Mashed Potatoes(118) Cranberry Stuffing(167) Pumpkin Pie (437)	20 Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(150) Chilled Pineapple(1)	21 Turkey Breakfast Sausage(367) Spiced Apples(20) Potatoes O’Brien(29) French Toast*(600) w/ Syrup(23) Fresh Fruit(2) Orange Juice(26)
Cal:643 Carb:63 Na:830	Cal:528 Carb:64 Na:974	Cal:910 Carb:120 Na:1288	Cal:694 Carb:87 Na:808	Cal:794 Carb:130 Na:872
24 Shrimp Scampi(520) Steamed Broccoli(9) Penne Noodles(11) Italian Bread(210) Fresh Fruit(1)	25 Indian Style Butter Chicken*(518) Steamed Spinach (188) Coconut Rice(171) Whole Wheat Bread(150) Chilled Pineapple(7)	26 BIRTHDAY MEAL Spaghetti & Meatballs(244) Tossed Salad w/Italian(123) Garlic Bread(230) Cupcake(240)/Diet Cake(166)	27 HOLIDAY- NO MEALS	28 NO MEAL SERVICE
Cal:749 Carb:96 Na:934	Cal:803 Carb:84 Na:1174	Cal:649 Carb:92/80 Na:1057		
	Key for Symbols: 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.