

Para cancelaciones de comidas o preguntas sobre sus comidas, Llame a su sitio de las 11:30am día anterior (413) 733-7894

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
<p>Totales incluyen 1 leche baja en grasa de 8 oz (no incluida en la lista) que contiene 100mg sodio y margarina que contiene 15mg sodio.</p> <p>Menú sujeto a modificaciones sin previo aviso.</p>		<p>1</p> <p>No se Sirven Comidas</p>		<p>3</p> <p>Hot Dog con Pan*(750) Potato Salad(214) Baked Beans(140) Ketchup(82) Reg(53)/Diet Jello(35) w/Topping(12)</p> <p>Cal:835 Carb:72/70 Na:1456</p>
<p>6</p> <p>Salchicha de Desayuno(367) Scrambled Eggs(223) Potatoes O'Brien(29) Cranberry Snack Loaf (120) Spiced Apples(20)</p> <p>Cal:587 Carb:59 Na:904</p>		<p>8 SOPA Y SANDWICH/ DÍA ALTO EN SODIO</p> <p>Jamón y Suizo (407) Coleslaw (122) Chicken Vegetable Soup (163) Club Roll (340) Mayo (100) Mixed Fruit(5)</p> <p>Cal: Carb: Na:</p>		<p>10</p> <p>Espaguetis y Albóndigas (254) Tossed Salad w/Ranch(121) Garlic Bread(210) Mixed Fruit(5)</p> <p>Cal:628 Carb:74 Na:732</p>
<p>13</p> <p>Mac & Queso (280) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Reg(53)/Diet Jello(35)w/Topping(12)</p> <p>Cal:566 Carb:71/69 Na:824</p>		<p>15</p> <p>Pastel de Cangrejo *(600) Steamed Corn(4) Coleslaw(122) Tartar Sauce(130) Whole Wheat Bread(150) Chilled Peaches(6)</p> <p>Cal:670 Carb:94 Na:1152</p>		<p>17</p> <p>Pollo Marsala(528) Tossed Salad w/Italian(123) Penne Noodles(4) Garlic Bread(210) Mixed Fruit(5)</p> <p>Cal:644 Carb:75 Na:1037</p>
<p>20</p> <p>No se Sirven Comidas</p>		<p>22</p> <p>Pastelón(272) Yellow Rice w/Olives(135) 12 Grain Bread(200) Spiced Peaches(5)</p> <p>Cal:831 Carb:101 Na:793</p>		<p>24 Comida de Cumpleaños</p> <p>Cerdo a la Barbacoa(365) Broccoli Slaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(160) Reg(240)/Diet Cupcake(166)</p> <p>Cal:713 Carb:82/70 Na:971</p>
<p>27</p> <p>Carne Guisada(291) With Carrots and Peas White Rice(4) Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12)</p> <p>Cal:777 Carb:80/78 Na:312</p>		<p>29</p> <p>Pollo Jamaiquino (489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5)</p> <p>Cal:805 Carb:95 Na:1090</p>		<p>31</p> <p>Stroganoff de Carne(230) Brussels Sprouts(15) Egg Noodles(5) Italian Bread(230) Reg(70)/Diet Cookie(70)</p> <p>Cal:616 Carb:84 Na:691</p>

For Reservations or Cancellations call (413) 733-7894 by 11:30 a.m. one business day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested voluntary donation \$2 Menu subject to change with no notice Key for Symbols: Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(>500mg)</p>		<p>1 No se Sirven Comidas</p>		<p>3 Hot Dog w/Bun*(750) Potato Salad(214) Baked Beans(140) Ketchup(82) Reg(53)/Diet Jello(35) w/Topping(12) Cal:835 Carb:72/70 Na:1456</p>
<p>6 Breakfast Sausage(367) Scrambled Eggs(223) Potatoes O’Brien(29) Cranberry Snack Loaf (120) Spiced Apples(20) Cal:587 Carb:59 Na:904</p>		<p>8 SOUP & SANDWICH/ HIGH SODIUM DAY Ham & Swiss (407) Coleslaw (122) Chicken Vegetable Soup (163) Club Roll (340) Mayo (100) Mixed Fruit(5) Cal:554 Carb:73 Na:976</p>		<p>10 Spaghetti & Meatballs (254) Tossed Salad w/Ranch(121) Garlic Bread(210) Mixed Fruit(5) Cal:628 Carb:74 Na:732</p>
<p>13 Mac & Cheese (280) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Reg(53)/Diet Jello(35)w/Topping(12) Cal:566 Carb:71/69 Na:824</p>		<p>15 Crab Cake *(600) Steamed Corn(4) Coleslaw(122) Tartar Sauce(130) Whole Wheat Bread(150) Chilled Peaches(6) Cal:670 Carb:94 Na:1152</p>		<p>17 Chicken Marsala(528) Tossed Salad w/Italian(123) Penne Noodles(4) Garlic Bread(210) Mixed Fruit(5) Cal:644 Carb:75 Na:1037</p>
<p>20 No se Sirven Comidas</p>		<p>22 Pastelón(272) Yellow Rice w/Olives(135) 12 Grain Bread(200) Spiced Peaches(5) Cal:831 Carb:101 Na:793</p>		<p>24 BIRTHDAY MEAL BBQ Pulled Pork(365) Broccoli Slaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(160) Reg(240)/Diet Cupcake(166) Cal:713 Carb:82/70 Na:971</p>
<p>27 Carne Guisada(291) With Carrots and Peas White Rice(4) Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12) Cal:777 Carb:80/78 Na:312</p>		<p>29 Jamaican Jerk Chicken(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:805 Carb:95 Na:1090</p>		<p>31 Stroganoff de Carne(230) Brussels Sprouts(15) Egg Noodles(5) Italian Bread(230) Reg(70)/Diet Cookie(70) Cal:616 Carb:84 Na:691</p>