

For Reservations or Cancellations call by 11:30 a.m. the day before at 781-2135 or Toll free 800-649-3641 Email: GSSSI.Nutrition@gsssi.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Ravioli w/Roasted Red Pepper Sauce*(501 Steamed Broccoli(9) Italian Bread(230) Fresh Fruit(1)	4	5 BIRTHDAY MEAL Turkey w/ Gravy*(549) Steamed Peas(58) Mashed Potatoes(43) Cornbread Muffin(180) Birthday Cake (215)	6 NO MEAL SERVICE
	Cal:572 Carb:88 Na:881		Cal:641 Carb:84 Na:921	
9	10 HIGH SODIUM MEAL Hot Dog w/Bun*(750) Potato Salad(214) Baked Beans(140) Mixed Fruit(5) Ketchup(82)	11	12 Meatloaf w/Mushroom Gravy(375) Steamed Broccoli(9) Roasted Red Potatoes(22) Whole Wheat Roll(210) Applesauce(14)	13
	Cal:849 Carb:84 Na:1448		Cal:609 Carb:72 Na:758	
16 HOLIDAY- NO MEALS	17 Indian Style Butter Chicken*(518) Steamed Spinach (188) Coconut Rice(171) Whole Wheat Bread(150) Chilled Pineapple(1)	18	19 Hamburger w/Chz(422) Onions & Mushrooms(96) Roasted Red Potatoes(29) Wheat Burger Bun(330) Reg/Diet Jello(35) w/Topping(12)	20
	Cal:829 Carb:91 Na:1169		Cal:725 Carb:79 Na:1128	
23	24 Ham w/Pineapple Sauce*(545) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Fresh Fruit(2)	25	26 Chicken Marsala(520) California Blend Veg(17) Penne Noodles(22) Italian Bread(230) Reg/Diet Cookies(70)	27
	Cal:515 Carb:83 Na:752		Cal:548 Carb:79 Na:1000	
	Key for Symbols: Na= Sodium *= Sodium Content(>500mg) (mg) = Sodium content of item Cal= Calories Carb= Carbs	Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na).	Menu subject to change without notice. Suggested voluntary donation \$3 per meal	If you have a special concern regarding sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.