

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 HIGH SODIUM DAY Chicken w/Dijon Sauce*(994) Steamed Spinach(188) Baked Sweet Potato(21) Whole Wheat Bread(115) Chilled Pineapple(1) Cal:601 Carb:87 Na:1466	3 Ravioli w/Roasted Red Pepper Sauce*(501) Steamed Broccoli(9) Italian Bread(230) Fresh Fruit(1) Cal:572 Carb:88 Na:881	4 Beef Taco Plate(291) Tossed Salad w/Ranch(123) Yellow Rice(342) Sour Cream(9) Tortilla Chips(115) Reg/Diet Cookie(70) Cal:874 Carb:78 Na:1089	5 BIRTHDAY MEAL Turkey w/ Gravy*(549) Steamed Peas(58) Mashed Potatoes(43) Cornbread Muffin(180) Cupcake(240)/Diet Cupcake(166) Cal:641 Carb:84 Na:921	6 NO MEAL SERVICE
9 Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Reg(60)/Diet Cookies(60) Cal:624 Carb:97 Na:946	10 HIGH SODIUM MEAL Hot Dog w/Bun*(750) Potato Salad(214) Baked Beans(140) Mixed Fruit(5) Ketchup(82) Cal:849 Carb:84 Na:1448	11 BIRTHDAY MEAL Chicken Fajitas(491) Fajita Blend Vegetables(3) Yellow Rice(20) Sour Cream(9) Tortilla(170) Fresh Fruit(1) Cal:505 Carb:60 Na:896	12 Meatloaf w/Mushroom Gravy(375) Steamed Broccoli(9) Roasted Red Potatoes(22) Whole Wheat Roll(210) Applesauce(14) Cal:609 Carb:72 Na:758	13 Rosé Chicken*(556) Tossed Salad w/Ranch(122) Penne Pasta(22) Garlic Bread(210) Chocolate Mousse(48) Cal:693 Carb:76 Na:1098
16 HOLIDAY- NO MEALS	17 Indian Style Butter Chicken*(518) Steamed Spinach (188) Coconut Rice(171) Whole Wheat Bread(150) Chilled Pineapple(1) Cal:829 Carb:91 Na:1169	18 Butter Crumb Fish(296) Coleslaw(122) Baked Sweet Potato(42) Dinner Roll(210) Reg/Diet Cookies(70) Tartar(130) Cal:680 Carb:85 Na:1000	19 Hamburger w/Chz(422) Onions & Mushrooms(96) Roasted Red Potatoes(29) Wheat Burger Bun(330) Reg/Diet Jello(35) w/Topping(12) Cal:725 Carb:79 Na:1128	20 Scrambled Eggs(270) Spiced Apples(24) Potatoes O’Brien(7) French Toast(270) Fresh Fruit(2) Syrup(23) Cal:738 Carb:114 Na:689
23 Shepherd’s Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Apple Crisp(65) Cal:733 Carb:88 Na:628	24 Ham w/Pineapple Sauce*(545) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Fresh Fruit(2) Cal:515 Carb:83 Na:752	25 Coconut Curry Meatballs(451) Cucumber Mint Salad(51) White Rice(4) Multigrain Bread(150) Pear Crisp(65) Cal:904 Carb:96 Na:925	26 Chicken Marsala(520) California Blend Veg(17) Penne Noodles(22) Italian Bread(230) Reg/Diet Cookies(70) Cal:548 Carb:79 Na:1000	27 Salmon w/Creamy Mustard Sauce(374) Brussels Sprouts(15) Roasted Red Potatoes(22) Whole Wheat Bread(150) Applesauce(14) Cal:540 Carb:67 Na:714
	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.