

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	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	6 Crab Cake*(600) w/tartar(130) Coleslaw(122) Steamed Corn(4) Whole Wheat Bread(150) Chilled Peaches(7) Cal:666 Carb:94 Na:1143
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	11 BIRTHDAY MEAL Chicken Fajitas(491) Fajita Blend Vegetables(3) Yellow Rice(20) Sour Cream(9) Tortilla(170) Birthday Cake(215) Cal:689 Carb:87 Na:1183	12	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	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	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	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	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.