

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 COLD PLATE Turkey & Provolone(439) Lettuce/Tomato(2) Macaroni Salad(294) Wheat Burger Bun(230) Chilled Applesauce(14)	3 Chicken Piccata*(523) Tossed Salad w/Italian(106) Rice Pilaf(38) Garlic Toast(210) Reg/Diet Cookies(70)	4 HIGH SODIUM DAY Hot Dog w/Bun*(750) Potato Salad(215) Baked Beans(219) Fresh Fruit(1) Ketchup(82)/Mustard(55)	5 Crab Cake*(600) w/tartar(130) Coleslaw(112) Steamed Corn(1) Whole Wheat Bread(150) Mixed Fruit(5)
	Cal:742 Carb:68 Na:1176	Cal:800 Carb:99 Na:1124	Cal:839 Carb:83 Na:1432	Cal:640 Carb:91 Na:1126
8 Cheeseburger(422) Onions & Mushrooms(96) Roasted Red Potatoes(29) Wheat Burger Bun(330) Ketchup(82) Reg/Diet Jello(53) w/Whip(12)	9 Shrimp Scampi(833)* California Blend Veg(17) Spaghetti Noodles(9) Whole Wheat Bread(150) Chilled Pineapple(1)	10 Cheese Omelet(290) Turkey Sausage(195) Spiced Applesauce(20) Potatoes O'Brien(29) Maple Chip Pancakes(95) Fresh Fruit(2)	11 Pierogis(440) Sour Cream(9) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(200) Chilled Peaches(6)	12 FATHER'S DAY MEAL BBQ Chicken*(494) Potato Salad(215) Steamed Corn(4) Cornbread(180) Fudge Round Cookie(80)
Cal:725 Carb:79/78 Na:1128	Cal:592 Carb:73 Na:1151	Cal:562 Carb:73 Na:743	Cal:611 Carb:99 Na:892	Cal:823 Carb:105 Na:1096
15 Ham w/Pineapple (426) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Fresh Fruit(1)	16 Indian Style Butter Chicken*(518) Steamed Spinach (188) Coconut Rice(171) Wheat Pita Bread(161) Mandarin Oranges(7)	17 COLD PLATE Egg Salad(369) Broccoli Slaw(119) Balsamic Pasta Salad(15) Club Roll(340) Reg(17)/Diet Jello(35)w/Whip(12)	18 Beef Stroganoff*(547) Brussels Sprouts(15) Egg Noodles(5) Wheat Roll(210) Apple Crisp(65)	19 HOLIDAY- NO MEALS
Cal:555 Carb:105 Na:803	Cal:821 Carb:87 Na:1176	Cal:948 Carb:88/86 Na:997	Cal:918 Carb:100 Na:983	
22 Shepherd's Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Peach Crisp(5) Whip(12)	23 Mac & Cheese (296) Stewed Tomatoes(205) Whole Wheat Bread (150) Cranberry Juice (3) Reg/Diet Cookies(70)	24 COLD PLATE Cape Cod Tuna Salad(237) Tossed Salad w/Ranch(119) Pickled Beets(195) Club Roll(340) Applesauce(14)	25 BBQ Pulled Pork(365) Coleslaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(227) Reg/Diet Jello(53) Whip(12)	26 Rosé Chicken*(531) Parslied Carrots(62) Penne Pasta(22) Whole Wheat Bread(150) Fresh Fruit(1)
Cal:808 Carb:98 Na:683	Cal:668 Carb:94 Na:863	Cal:597 Carb:74 Na:1049	Cal:828 Carb:99 Na:873	Cal:527 Carb:74 Na:780
29 BIRTHDAY MEAL Spaghetti & Meatballs*(531) Steamed Broccoli(9) Wheat Roll(210) Reg(240)/Diet Cupcake(166)	30 Butter Crumb Fish(296) Dill Carrots(62) Rice Pilaf(217) Whole Wheat Bread(150) Mandarin Oranges(7) Tartar(130)	Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na). Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg) Carb= Carbs/Carbs w/ Low Carb Dessert	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.
Cal:731 Carb:96/84 Na:1115	Cal:697 Carb:93 Na:821			