

| MONDAY                                                                                                                                          | TUESDAY                                                                                                                                                   | WEDNESDAY                                                                                                                                                              | THURSDAY                                                                                                                                             | FRIDAY                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>Ravioli w/Meat Sauce(423)<br>Steamed Broccoli(9)<br>12 Grain Bread(200)<br>Reg/Diet Cookies(85)                                     | <b>4</b><br>Shepherd’s Pie(215)<br>Steamed Peas(97)<br>Mashed Potato Topping<br>12 Grain Bread(200)<br>Apple Crisp(5)                                     | <b>5</b><br>Coconut Fish(60)<br>Ginger Lime Slaw(26)<br>Pineapple Fried Rice(190)<br>Whole Wheat Bread(150)<br>Mandarin Oranges(7)                                     | <b>6</b><br>BBQ Pulled Pork(365)<br>Coleslaw(117)<br>½ Baked Sweet Potato(22)<br>WW Burger Bun(227)<br>Reg/Diet Jello(53) Whip(12)                   | <b>7</b><br>Rosé Chicken*(531)<br>Parslied Carrots(62)<br>Penne Pasta(22)<br>Whole Wheat Bread(150)<br>Fresh Fruit(1)                       |
| Cal:632    Carb:83    Na:856                                                                                                                    | Cal:783    Carb:97    Na:678                                                                                                                              | Cal:541    Carb:77    Na:574                                                                                                                                           | Cal:828    Carb:99    Na:873                                                                                                                         | Cal:527    Carb:74    Na:780                                                                                                                |
| <b>10 COLD PLATE</b><br>Egg Salad(369)<br>Broccoli Slaw(119)<br>Three Bean Salad(278)<br>Hamburger Bun(227)<br>Reg(17)/Diet Jello(35)w/Whip(12) | <b>11</b><br>Butter Crumb Fish(296)<br>Green Beans(5)<br>Roasted Red Potatoes(22)<br>Whole Wheat Bread(150)<br>Mandarin Oranges(7) Tartar(130)            | <b>12</b><br>Jamaican Jerk Style Chicken(489)<br>Collard Greens(135)<br>Coconut Rice(171)<br>Whole Wheat Bread(150)<br>Fresh Fruit(1)                                  | <b>13</b><br>Mediterranean Turkey(436)<br>Marinated Cucumber Salad(46)<br>Couscous(8)<br>Whole Wheat Pita(152)<br>Blueberry Crisp(65)                | <b>14</b><br>Mac & Cheese (296)<br>Stewed Tomatoes(205)<br>Whole Wheat Bread (150)<br>Cranberry Juice (3)<br>Reg/Diet Cookies(70)           |
| Cal:840    Carb:78/76    Na:1148                                                                                                                | Cal:595    Carb:70    Na:749                                                                                                                              | Cal:845    Carb:106    Na:1087                                                                                                                                         | Cal:695    Carb:105    Na:718                                                                                                                        | Cal:668    Carb:94    Na:863                                                                                                                |
| <b>17</b><br>Lemon Dill Salmon(170)<br>Steamed Broccoli(9)<br>Couscous(8)<br>Whole Wheat Bread(150)<br>Applesauce(14)                           | <b>18 COLD PLATE</b><br>Turkey(375) & Provolone(174)<br>Coleslaw(112)<br>Bowtie Pasta Salad(85)<br>Flour Tortilla(170)<br>Fresh Fruit(2)    Mayo(100)     | <b>19</b><br>Chicken Cordon Bleu*(679)<br>Parslied Carrots(62)<br>Rice Pilaf(127)<br>Whole What Bread(150)<br>Chilled Pineapple(1)                                     | <b>20</b><br>Meatloaf w/Mushroom Gravy(304)<br>Steamed Peas(97)<br>Mashed Potatoes(26)<br>Whole Wheat Bread(150)<br>Reg(17)/Diet Jello(35)w/Whip(12) | <b>21</b><br>Chicken Pesto Alfredo *(570)<br>Tossed Salad(119) w/Italian<br>Garlic Bread(210)<br>Reg/Diet Cookies(85)                       |
| Cal:595    Carb:81    Na:500                                                                                                                    | Cal:752    Carb:92    Na:1143                                                                                                                             | Cal:684    Carb:89    Na:1177                                                                                                                                          | Cal:628    Carb:68/66    Na:1013                                                                                                                     | Cal:909    Carb:81    Na:1112                                                                                                               |
| <b>24</b><br>Egg Roll in a Bowl(395)<br>White Rice(4)<br>Whole Wheat Bread(150)<br>Spiced Fruit(6)                                              | <b>25 BIRTHDAY MEAL</b><br>Lemon Chicken(255)<br>Steamed Asparagus(3)<br>Roasted Red Potatoes(22)<br>Whole Wheat Bread(150)<br>Reg(240)/Diet Cupcake(166) | <b>26 COLD PLATE</b><br>Mediterranean Pasta Salad(276)<br>Chickpea Tomato Salad(213)<br>Marinated Cucumber Salad(46)<br>Multigrain Bread(200)<br>Reg/Diet Cookies(147) | <b>27</b><br>Pot Roast w/Gravy(116)<br>Steamed Spinach(188)<br>Mashed Potatoes(26)<br>Whole Wheat Bread(150)<br>Fresh Fruit(1)                       | <b>28</b><br>Potato Pollock Filet(270)<br>Coleslaw(122)<br>Steamed Corn(1)    Tartar(130)<br>Whole Wheat Bread(150)<br>Chilled Pineapple(7) |
| Cal:569    Carb:80    Na: 821                                                                                                                   | Cal:668    Carb:76/64    Na:809                                                                                                                           | Cal:908    Carb:105    Na:1021                                                                                                                                         | Cal:708    Carb:86    Na:828                                                                                                                         | Cal:705    Carb:90    Na:805                                                                                                                |
| <b>31</b><br>Creamy Sundried Tomato Chicken(327)<br>Herbed Cauliflower(37)<br>Egg Noodles(5)<br>Whole Wheat Bread(150)<br>Mandarin Oranges(7)   | <b>Key for Symbols:</b><br>Na= Sodium<br>Cal= Calories    Sodium (mg)<br>*Sodium content(>500mg)                                                          | <b>Suggested voluntary donation \$3/meal</b><br><b>Menu subject to change without notice.</b>                                                                          | <b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp;margarine(15mg Na).</b>                                                  | <b>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 1136 for more information.</b>          |
| Cal: 701    Carb:76    Na:666                                                                                                                   |                                                                                                                                                           |                                                                                                                                                                        |                                                                                                                                                      |                                                                                                                                             |