

For Reservations or Cancellations, call by 11:30am the day before at the site you attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Shepherd’s Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Apple Crisp(5)	5	6 BBQ Pulled Pork(365) Coleslaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(227) Reg/Diet Jello(53) Whip(12)	7
	Cal:783 Carb:97 Na:678		Cal:828 Carb:99 Na:873	
10	11 Butter Crumb Fish(296) Green Beans(5) Roasted Red Potatoes(22) Whole Wheat Bread(150) Mandarin Oranges(7) Tartar(130)	12	13 Mediterranean Turkey(436) Marinated Cucumber Salad(46) Couscous(8) Whole Wheat Pita(152) Blueberry Crisp(65)	14
	Cal:595 Carb:70 Na:749		Cal:695 Carb:105 Na:718	
17	18 COLD PLATE Turkey(375) & Provolone(174) Coleslaw(112) Bowtie Pasta Salad(85) Flour Tortilla(170) Fresh Fruit(2) Mayo(100)	19	20 Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(150) Reg(17)/Diet Jello(35)w/Whip(12)	21
	Cal:752 Carb:92 Na:1143		Cal:628 Carb:68/66 Na:1013	
24	25 BIRTHDAY MEAL Lemon Chicken(255) Steamed Asparagus(3) Roasted Red Potatoes(22) Whole Wheat Bread(150) Birthday Cake(246)	26	27 Pot Roast w/Gravy(116) Steamed Spinach(188) Mashed Potatoes(26) Whole Wheat Bread(150) Fresh Fruit(1)	28
	Cal:670 Carb:80 Na:815		Cal:708 Carb:86 Na:828	
31	Key for Symbols: Na= Sodium Cal= Calories Sodium (mg) *Sodium content(>500mg)	Suggested voluntary donation \$3/meal Menu subject to change without notice.	Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na).	If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 1136 for more information.

