

For Reservations or Cancellations, call by 11:30am the day before at 413-781-2135 Email: GSSSI.Nutrition@gsssi.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ravioli w/Meat Sauce(423) Steamed Broccoli(9) 12 Grain Bread(200) Reg/Diet Cookies(85)	4 Shepherd’s Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Apple Crisp(5)	5 Coconut Fish(60) Ginger Lime Slaw(26) Pineapple Fried Rice(190) Whole Wheat Bread(150) Mandarin Oranges(7)	6 BBQ Pulled Pork(365) Coleslaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(227) Reg/Diet Jello(53) Whip(12)	7 Rosé Chicken*(531) Parslied Carrots(62) Penne Pasta(22) Whole Wheat Bread(150) 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
10 COLD PLATE Egg Salad(369) Broccoli Slaw(119) Three Bean Salad(278) Hamburger Bun(227) Reg(17)/Diet Jello(35)w/Whip(12)	11 Butter Crumb Fish(296) Green Beans(5) Roasted Red Potatoes(22) Whole Wheat Bread(150) Mandarin Oranges(7) Tartar(130)	12 Jamaican Jerk Style Chicken(489) Collard Greens(135) Coconut Rice(171) Whole Wheat Bread(150) Fresh Fruit(1)	13 Mediterranean Turkey(436) Marinated Cucumber Salad(46) Couscous(8) Whole Wheat Pita(152) Blueberry Crisp(65)	14 Mac & Cheese (296) Stewed Tomatoes(205) Whole Wheat Bread (150) Cranberry Juice (3) 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
17 Lemon Dill Salmon(170) Steamed Broccoli(9) Couscous(8) Whole Wheat Bread(150) Applesauce(14)	18 COLD PLATE Turkey(375) & Provolone(174) Coleslaw(112) Bowtie Pasta Salad(85) Flour Tortilla(170) Fresh Fruit(2) Mayo(100)	19 Chicken Cordon Bleu*(679) Parslied Carrots(62) Rice Pilaf(127) Whole What Bread(150) Chilled Pineapple(1)	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 Hawaiian Chicken Salad (430) Ginger Lime Coleslaw (26) Macaroni Salad (392) Hawaiian Roll (80) Chilled Pineapple (1)
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:817 Carb:84 Na:1054
24 Egg Roll in a Bowl(395) White Rice(4) Whole Wheat Bread(150) Spiced Fruit(6)	25 BIRTHDAY MEAL Lemon Chicken(255) Steamed Asparagus(3) Roasted Red Potatoes(22) Whole Wheat Bread(150) Reg(240)/Diet Cupcake(166)	26 COLD PLATE Mediterranean Pasta Salad(276) Chickpea Tomato Salad(213) Marinated Cucumber Salad(46) Multigrain Bread(200) Reg/Diet Cookies(147)	27 Pot Roast w/Gravy(116) Steamed Spinach(188) Mashed Potatoes(26) Whole Wheat Bread(150) Fresh Fruit(1)	28 Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(150) 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
31 Creamy Sundried Tomato Chicken(327) Herbed Cauliflower(37) Egg Noodles(5) Whole Wheat Bread(150) Mandarin Oranges(7)	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.
Cal: 701 Carb:76 Na:666				