

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ravioli w/Meat Sauce(423) Steamed Broccoli(9) 12 Grain Bread(200) Reg/Diet Cookies(85)	4	5 Coconut Fish(60) Ginger Lime Slaw(26) Pineapple Fried Rice(190) Whole Wheat Bread(150) Mandarin Oranges(7)	6	7 Rosé Chicken*(531) Parslied Carrots(62) Penne Pasta(22) Whole Wheat Bread(150) Fresh Fruit(1)
Cal:632 Carb:83 Na:856		Cal:541 Carb:77 Na:574		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	12 Jamaican Jerk Style Chicken(489) Collard Greens(135) Coconut Rice(171) Whole Wheat Bread(150) Fresh Fruit(1)	13	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:845 Carb:106 Na:1087		Cal:668 Carb:94 Na:863
17 Lemon Dill Salmon(170) Steamed Broccoli(9) Couscous(8) Whole Wheat Bread(150) Applesauce(14)	18	19 BIRTHDAY MEAL Chicken Cordon Bleu*(679) Parslied Carrots(62) Rice Pilaf(127) Whole What Bread(150) Birthday Cake (246)	20	21 Chicken Pesto Alfredo *(570) Tossed Salad(119) w/Italian Garlic Bread(210) Reg/Diet Cookies(85)
Cal:595 Carb:81 Na:500		Cal:782 Carb:102 Na:1422		Cal:909 Carb:81 Na:1112
24 Egg Roll in a Bowl(395) White Rice(4) Whole Wheat Bread(150) Spiced Fruit(6)	25	26 COLD PLATE Mediterranean Pasta Salad(276) Chickpea Tomato Salad(213) Marinated Cucumber Salad(46) Multigrain Bread(200) Reg/Diet Cookies(147)	27	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:908 Carb:105 Na:1021		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				

