MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Scampi Cal:589 Rotini Pasta Fat:22 Green Beans & Peppers Na:318 Fruit Carb:60	**3** Tomato Bruschetta Chicken Cal:545 Orzo Pasta Fat:13 Mixed Vegetables Na:509 Fruit Carb:75	**4** Turkey Meatloaf w/ Gravy Cal:618 Mashed Potatoes Fat:24 Carrots Na:375 Fruit Carb:70	**5** Lentil Bolognese Cal:481 Whole Grain Pasta Fat:10 Broccoli Na:508 Fruit Carb:71	**6** Beef Stew Cal:569 Roasted Potatoes Fat:22 Vegetable Medley Na:408 Fruit Carb:58
9 Chicken w/ Cal:534 Cranberry Chutney Fat:18 Mashed Butternut Na:260 California Blend Veg Carb:63 Fruit	**10** Salmon with Cal:586 Pineapple Mango Salsa Fat:23 Roasted Potatoes Na:312 Kale & Red Peppers Carb:69 Fruit	**11** **HOLIDAY- NO MEALS**	**12** Chicken Taco Cal:569 Mini Tortilla Fat:17 Black Beans, Corn, Peppers Na:511 Fruit Carb:66	**13** Whole Grain Stuffed Shells Cal:501 w/ Sage Cream Sauce Fat:18 Carrots Na:529 Fruit Carb:60
16 Egg Omelet Cal:512 Roasted Potatoes Fat:21 Mixed Vegetables Na:594 Fruit Carb:52	**17** Herb Crusted White Fish Cal:526 Mashed Potatoes Fat:12 Carrots Na:420 Fruit Carb:75	**18** Lemon Ricotta Chicken Cal:521 Baked Sweet Potato Fat:17 Brussel Sprouts Na:245 Fruit Carb:61	**19 HOLIDAY MEAL** Turkey w/Gravy Cal:525 Mashed Potatoes Fat:19 Green Beans Na:731 Chocolate Cookie Carb:61	**20** Rosemary & Garlic Chicken Cal: 532 Brown Rice Vegetable Pilaf Fat:16 Broccoli Na:475 Fruit Carb:52
23 Braised Beef Cal:686 Quinoa Fat:28 Green Peas Na:294 Fruit Carb:64	**24** Curried Chicken Cal:586 Brown Rice Fat:18 Carrots Na:385 Fruit Carb:71	**25** Maple Glazed Pork Cal:568 Roasted Potatoes Fat:16 Mixed Root Vegetables Na:358 Fruit Carb:68	**26** **HOLIDAY- NO MEALS**	**27** White Bean & Chicken Chili Cal:505 California Blend Vegetables Fat:17 Fruit Na:487 Carb:58
30 Chicken Scampi Cal:589 Rotini Pasta Fat:22 Green Beans & Peppers Na:318 Fruit Carb:60		For more Information about menu nutrients call GSSSI Dietitian at 413-781-8806 x1136 Suggested donation 3$ per meal	**Key:** Cal= Calories Fat= gm Fat Na= mg Sodium Carb= gm Carbohydrate	