

For Reservations or Cancellations, call by 11:30am the day before at (413) 245-7253

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p>	<p><b>4</b> Crab Cake*(600) w/tartar(130) Steamed Corn(4) Coleslaw(118) Whole Wheat Bread(150) Fresh Fruit(1)  Cal:621 Carb:100 Na:1018</p>	<p><b>5</b></p>	<p><b>6</b> Jamaican Jerk Chicken(489) Collard Greens(135) Coconut Rice(171) Oatnut Bread(150) Reg(85)/Diet Cookies(85)  Cal:840 Carb:96 Na:1170</p>	<p><b>7</b></p>
<p><b>10</b></p>	<p><b>11</b> Mediterranean Turkey(426) Tomato Cucumber Salad(3) Couscous(11) Whole Wheat Bread(150) Warmed Applesauce(15)  Cal:676 Carb:91 Na:745</p>	<p><b>12</b></p>	<p><b>13</b> Potato Pollock Filet(270) Coleslaw(122) Tartar Sauce(130) Steamed Corn(1) Oatnut Bread(150) Chilled Pineapple(1)  Cal:755 Carb:100 Na: 799</p>	<p><b>14</b></p>
<p><b>17</b></p>	<p><b>18 COLD PLATE</b> Ham &amp; Swiss (336) Citrus Carrot Salad(36) English Pea Salad(202) Hamburger Bun(230) Fresh Fruit(2) Mustard(55)  Cal:695 Carb:82 Na:1000</p>	<p><b>19</b>  <b>HOLIDAY- NO MEALS</b></p>	<p><b>20</b> BBQ Chicken*(585) Steamed Corn(1) Potato Salad(224) Whole Wheat Bread(150) Reg(17)/Diet Jello(35)w/Topping(12)  Cal: 638 Carb:65 Na:1129</p>	<p><b>21</b></p>
<p><b>24</b></p>	<p><b>25</b> Braised Pork*(521) California Blend Veg(17) Yellow Rice and Beans(102) Multigrain Bread(200) Chilled Applesauce(15)  Cal:862 Carb:107 Na:989</p>	<p><b>26</b></p>	<p><b>27 HIGH SOD. DAY/BIRTHDAY MEAL</b> Chicken Pesto Pasta*(803) Tomato Onion Salad(5) Garlic Toast(210) Birthday Cake(215)  Cal:919 Carb:92 Na:1385</p>	<p><b>28</b></p>
	<p><b>Key for Symbols:</b> Na= Sodium *Sodium content(&gt;500mg) Cal= Calories Sodium (mg)</p>	<p><b>Suggested voluntary donation \$2/meal</b> <b>Menu subject to change without notice.</b></p>	<p><b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp;margarine(15mg Na).</b></p>	<p><b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.</b></p>