

For Reservations or Cancellations, call by 11:30am the day before at (413) 283-2670

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 American Chop Suey(358) Brussels Sprouts(12) Wheat Roll(210) Chilled Apples(11) Cal:653 Carb:102 Na:604	4	5 COLD PLATE Traditional Egg Salad(338) Three Bean Salad(126) Broccoli Slaw(117) Hamburger Bun(230) Raisins(4) Cal:954 Carb:86 Na:873	6	7 Meatloaf w/Mushroom Gravy(361) Steamed Peas Mashed Potatoes(26) Whole Wheat Bread(150) Reg/Diet Pudding w/Topping(12) Cal:612 Carb:73 Na:735
10 Mac & Cheese (279) Stewed Tomatoes(205) Whole Wheat Bread (150) Reg(17)/Diet Jello(35)w/Topping(12) Cal:564 Carb:70/69 Na:804	11	12 BBQ Pulled Pork(365) Celery Salad(75) Baked Potato(9) Hamburger Bun(230) Fresh Fruit(0) Cal:771 Carb:92 Na:819	13	14 Rosé Chicken*(556) Parslied Carrots(62) Penne Pasta(12) Whole Wheat Bread(150) Mandarin Oranges(7) Cal:557 Carb:80 Na:926
17 FATHER'S DAY MEAL Beef Stroganoff(226) Roman Blend Veg(13) Egg Noodles(6) Multigrain Bread(200) Fudge Round Cookie(80) Cal:690 Carb:97 Na:665	18	19 HOLIDAY- NO MEALS	20	21 Spaghetti & Meatballs(252) Tossed Salad w/Ranch(121) Garlic Toast(210) Raisins(4) Cal:670 Carb:91 Na:738
24 Shepherd's Pie(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5) Cal:670 Carb:85 Na:650	25	26 COLD PLATE Tuna Salad(476) Tossed Salad w/Ranch(122) Marinated Cucumber Salad(46) ½ Whole Wheat Pita(152) Fresh Fruit(1) Cal:650 Carb:65 Na:828	27	28 BIRTHDAY MEAL/ HIGH SOD. DAY Chicken Cordon Bleu(550) Herbed Green Beans(9) Roasted Red Potatoes(42) Dinner Roll(150) Birthday Cake(215) Cal:808 Carb:98 Na:1213
	Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	Suggested voluntary donation \$2/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 Nutritionist. Call GSSSI 781-8806 X 1136 for more information.