

For Reservations or Cancellations call (413) 733-7894 by 11:30 a.m. one business day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Suggested voluntary donation \$2</b>  <b>Menu subject to change with no notice</b>  <b>Key for Symbols:</b>                      Cal= Calories                      Na= Sodium                      Carb= Carbohydrates                      *Sodium Content(&gt;500mg)</p>		<p><b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8800 X 1136 for more information.</b>   <b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp; margarine(15mg Na).</b></p>		<p><b>1</b>                      Baked Penne &amp; Meatballs*(648)                      Tossed Salad w/Italian(131)                      Garlic Toast(210)                      Fresh Fruit(1)                       Cal:914 Carb:102 Na:1132</p>
<p><b>4 HIGH SODIUM DAY</b>                      Hot Dog w/Bun*(750)                      Potato Salad(214)                      Baked Beans(191)                      Ketchup(82)/Mustard(55)                      Fresh Fruit(0)                       Cal:946 Carb:101 Na:1402</p>		<p><b>6</b>                      Sancocho(63)                      Collard Greens(245)                      White Rice(4)                      Buttermilk Biscuit(170)                      Chilled Applesauce(14)                       Cal:778 Carb:89 Na:763</p>		<p><b>8 SOUP &amp; SANDWICH LUNCH</b>                      Turkey &amp; Provolone*(567)                      Lettuce/Tomato(5)/Mayo(64)                      Chicken Vegetable Soup(111)                      Wheat Roll(210)                      Reg(79)/Diet Cookies(79)                       Cal:680 Carb:55 Na:1175</p>
<p><b>11</b>                      Breakfast Sausage(390)                      Spiced Applesauce(14)                      Potatoes O'Brien(34)                      French Toast(270)                      Fresh Fruit(2)                       Cal:725 Carb:104 Na:850</p>		<p><b>13</b>                      Hamburger w/Chz(422)                      Lettuce &amp; Tomato (5)                      Tater Tots(28) Ketchup(82)                      Wheat Burger Bun(330)                      Mandarin Oranges(6)                       Cal:712 Carb:82 Na:1013</p>		<p><b>15</b>                      Shrimp Paella(776)                      Brussels Sprouts(12)                      Whole Wheat Roll(210)                      Reg(53)/Diet Jello(35)w/Topping(12)                       Cal:690 Carb:115/100 Na:1170</p>
<p><b>18</b>                      Chicken Cacciatore(523)                      Penne Noodles(4)                      Whole Wheat Bread(150)                      Mandarin Oranges(7)                       Cal:585 Carb:81 Na:707</p>		<p><b>20</b>                      Pollo Asado*(536)                      Parslied Carrots(62)                      Yellow Rice w/Olives(62)                      Whole Wheat Bread(150)                      Chilled Pineapple(1)                       Cal:596 Carb:83 Na:952</p>		<p><b>22 WINTER HOLIDAY LUNCH/HIGH SOD.</b>                      Turkey w/Gravy(492)                      Steamed Peas(97)                      Mashed Potatoes(8)                      Cranberry Stuffing(265)                      Chocolate Cake(330)/Diet Red Velvet(210)                       Cal:1000 Carb:134/114 Na:1249</p>
<p><b>25</b>   <b>HOLIDAY- NO MEALS</b></p>		<p><b>27</b>                      Pernil(470)                      Spinach(188)                      Arroz con Gandules(32)                      WW Burger Bun(160)                      Reg(79)/Diet Cookie                       Cal:886 Carb:94 Na:1069</p>		<p><b>29</b>                      Chicken Fajitas(491)                      Fajita Blend Vegetables(4)                      Yellow Rice(20)                      Flour Tortilla(170) Sour Cream(9)                      Fresh Fruit(1)                       Cal:508 Carb:61 Na:819</p>

Para cancelaciones de comidas o preguntas sobre sus comidas, Llame a su sitio de las 11:30am día anterior. (413) 733-7894

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
<b>Donación sugerida, confidencial y voluntaria de \$ 2 por comida.</b>  <b>Abreviación:</b> Cal= Calorías Carb= Carbohidrato Na= El contenido de sodio		<b>Menú sujeto a modificaciones sin previo aviso.</b>		<b>1</b> Pasta al Horno con Albóndigas *(693) Tossed Salad w/Italian(131) Garlic Toast(210) Fresh Fruit(1)
				Cal:914 Carb:102 Na:1176
<b>4 Día Alto en Sodio</b> Hot Dog con Pan *(750) Potato Salad(214) Baked Beans(191) Ketchup(82)/Mustard(55) Fresh Fruit(0)		<b>6</b> Sancocho (63) Collard Greens(245) White Rice(4) Buttermilk Biscuit(170) Chilled Applesauce(14)		<b>8 Almuerzo de Sopa y Sándwich</b> Pavo & Provolone*(567) Lettuce/Tomato(5)/Mayo(64) Chicken Vegetable Soup(111) Wheat Roll(210) Reg(79)/Diet Cookies(79)
Cal:946 Carb:101 Na:1402		Cal:778 Carb:89 Na:763		Cal:680 Carb:55 Na:1175
<b>11</b> Salchicha de Desayuno (390) Spiced Applesauce(14) Potatoes O’Brien(34) French Toast(270) Fresh Fruit(2)		<b>13</b> Hamburguesa con Queso(422) Lettuce & Tomato (5) Tater Tots(28) Ketchup(82) Wheat Burger Bun(330) Mandarin Oranges(6)		<b>15</b> Shrimp Paella*(776) Brussels Sprouts(12) Whole Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12)
		Cal:725 Carb:104 Na:850		Cal:712 Carb:82 Na:1013
<b>18</b> Pollo Cacciatore (523) Penne Noodles(4) Whole Wheat Bread(150) Mandarin Oranges(7)		<b>20</b> Pollo Asado*(536) Parslied Carrots(62) Yellow Rice w/Olives(62) Whole Wheat Bread(150) Chilled Pineapple(1)		<b>22 Celebración de Invierno/Día Alto en Sodio</b> Turkey w/Gravy(492) Steamed Peas(97) Mashed Potatoes(8) Cranberry Stuffing(265) Chocolate Cake(330)/Diet Red Velvet(210)
		Cal:585 Carb:81 Na:707		Cal:596 Carb:83 Na:952
<b>25</b>  <b>Sin Servicio de Comidas</b>		<b>27</b> Pernil(470) Spinach(188) Arroz con Gandules(32) WW Burger Bun(160) Reg(79)/Diet Cookie		<b>29</b> Fajita de Pollo(491) Fajita Blend Vegetables(4) Yellow Rice(20) Flour Tortilla(170) Sour Cream(9) Fresh Fruit(1)
		Cal:886 Carb:94 Na:1069		Cal:508 Carb:61 Na:819