

For Reservations or Cancellations call (413) 245-7253 by 11:30 one business day in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
Suggested voluntary donation \$2. Menu subject to change without notice.	If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8800 X 1136 for more information.	Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine (15mg Na)	Key for Symbols: Cal=Calories Na=Sodium Carb=Carbohydrates *Sodium Content (>500mg) Carbs listed for both reg/diet desserts	1
4	5 "Lazy" Stuffed Cabbage (135) Peas & Onions (42) Whole Wheat Bread (150) Reg(53)/Diet Jello(35)w/ Topping Cal:625 Carb:69/53 Na:533	6	7 Creamy Sundried Tomato Pasta* (512) w/ Chicken Steam Broccoli (9) Whole Wheat Bread (150) Mixed Fruit (5) Cal: 771 Carb:110 Na:820	8
11	12 Chicken Pot Pie(269) California Blend Veg (17) Biscuit Topping (170) Peach Crisp (65) Cal: 612 Carb:70 Na:662	13	14 DECEMBER BIRTHDAY MEAL Chicken Cordon Bleu* (550) Herbed Green Beans (3) ½ Baked Potato (9) Dinner Roll (150) Cupcake (240)/ Diet Cake (166) Cal: 816 Carb: 109/97 Na:1091	15
18	19 WINTER HOLIDAY LUNCH/ HIGH SODIUM Ham w/ Pineapple Sauce* (545) Herbed Green Beans (5) ½ Baked Sweet Potato (2) Dinner Roll (210) Chocolate Cake (33) Diet Red Velvet (21) Cal:829 Carb: 122/102 Na:1304	20	21 Beef Stroganoff (290) Steamed Broccoli (9) Egg Noodles (6) Wheat Roll (210) Reg (200)/ Diet Pudding (210) w/ Topping Cal: 895 Carb: 94/40 Na:550	22
25	26 Mac & Cheese (285) Stewed Tomatoes (221) Whole Wheat Bread (150) Cranberry Juice (3) Reg (109)/ Diet Cookie (109) Cal: 665 Carb:110 Na:909	27	28 Seafood Newburg* (696) Tossed Salad w/ Ranch (137) Egg Noodles (5) Cornbread (180) Spiced peaches (5) Cal: 884 Carb: 109 Na:1163	29

