

For Reservations or Cancellations call (413) 566-5588 by 11:30 a.m. one business day in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Suggested voluntary donation \$2. Menu subject to change without notice.</b>	<b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8800 X 1136 for more information.</b>	<b>Key for Symbols:</b> Cal=Calories Na=Sodium Carb=Carbohydrates *Sodium Content (>500mg) Carbs listed for both reg/diet desserts		<b>1 Baked Penne &amp; Meatballs * (648) Tossed Salad w/ Italian (131) Garlic Toast (210) Fresh Fruit (1)  Cal: 914 Carb:102 Na:1132</b>
<b>4 HIGH SODIUM DAY</b> Hot Dog w/ Bun*(750) Potato Salad(2140) Baked Beans(191) Ketchup(82)/Mustard(55) Fresh Fruit (0) <b>Cal:946 Carb: 101 Na:1402</b>	<b>5</b> "Lazy" Stuffed Cabbage (135) Peas & Onions (42) Whole Wheat Bread (150) Reg(53)/Diet Jello(35)w/ Topping <b>Cal:625 Carb:69/53 Na:533</b>	<b>6</b> Pork w/ Gravy (148) Collard Greens (245) Mashed Butternut Squash(26) Buttermilk Biscuit (172) Chilled Applesauce (14) <b>Cal: 739 Carb: 76 Na:872</b>	<b>7 Creamy Sundried Tomato Pasta* (512) w/ Chicken Steam Broccoli (9) Whole Wheat Bread (150) Mixed Fruit (5) Cal: 771 Carb:110 Na:820</b>	<b>8 SOUP &amp; SANDWICH LUNCH</b> Turkey & Provolone*(567) Lettuce/Tomato(5)/Mayo(64) Chicken Vegetable Soup(111) Wheat Roll (210) <b>Cal:680 Carb: 55 Na:1175</b>
<b>11</b> Breakfast Sausage(390) Spiced Applesauce(14) Potatoes O'Brien(34) French Toast(270) Fresh Fruit(2) <b>Cal: 275 Carb: 104 Na:850</b>	<b>12</b> Chicken Pot Pie(269) California Blend Veg (17) Biscuit Topping (170) Peach Crisp (65) <b>Cal: 612 Carb:70 Na:662</b>	<b>13</b> Hamburger w/ Chz (422) Lettuce & Tomato (5) Tater Tots (28) Ketchup (82) Wheat Burger Bun (33) Mandarin Oranges (6) <b>Cal: 712 Carb: 82 Na:1013</b>	<b>14 BIRTHDAY MEAL</b> Chicken Cordon Bleu* (550) Herbed Green Beans (3) ½ Baked Potato (9) Dinner Roll (150) Cupcake(240)/ Diet Cake (166) <b>Cal: 816 Carb: 109/97 Na:1091</b>	<b>15</b> Shrimp Scampi (268) Brussels Sprouts(12) Spaghetti Noodles(17) Whole Wheat Roll(210) Reg(53)/Diet Jello(35)w/Top. <b>Cal: 753 Carb:91/73 Na:967</b>
<b>18</b> Chicken Cacciatore(523) Penne Noodles (4) Whole Wheat Bread (150) Mandarin Oranges (7) <b>Cal: 585 Carb: 81 Na: 707</b>	<b>19 Ham w/ Pineapple Sauce* (545) Herbed Green Beans (5) ½ Baked Sweet Potato (2) Dinner Roll (210) Fresh Fruit Cal:624 Carb: 104 Na:976</b>	<b>20 WINTER HOLIDAY LUNCH</b> Lemon Chicken (209) Parslied Carrots (209) Rice Pilaf (12) Whole Wheat Bread (15) Choc. Cake(330)/Diet Red Velvet(210) <b>Cal: 861 Carb:110/90 Na:903</b>	<b>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</b>	<b>22</b> Turkey w/Gravy (492) Steamed Peas (97) Mashed Potatoes (8) Cranberry Stuffing (265) Pineapple <b>Cal: 774 Carb:111 Na: 1041</b>
<b>25</b> <b>HOLIDAY - NO MEALS</b>	<b>26</b> Mac & Cheese (285) Stewed Tomatoes (221) Whole Wheat Bread (150) Cranberry Juice (3) Reg (109)/ Diet Cookie (109) <b>Cal: 665 Carb:110 Na:909</b>	<b>27</b> BBQ Pulled Pork (365) Spinach (188) ½ Baked Potato (9) WW Burger Bun (160) Reg (79)/Diet cookie <b>Cal: 756 Carb:86 Na:940</b>	<b>28</b> Seafood Newburg* (696) Tossed Salad w/ Ranch (137) Egg Noodles (5) Cornbread (180) Spiced peaches (5) <b>Cal: 884 Carb: 109 Na:1163</b>	<b>29 Chicken Fajitas (491) Fajita Blend Vegetables (4) Yellow Rice Flour Tortilla(170) Sour Cream (9) Fresh Fruit Cal: 508 Carb: 61 Na: 819</b>