

For Reservations or Cancellations call (413) 283-2670 by 11:30 a.m. one business day in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Key for Symbols: Cal=Calories Na=Sodium Carb=Carbohydrates *Sodium Content (>500mg) Carbs listed for both reg/diet desserts</p>	<p>Suggested voluntary donation \$2. Menu subject to change without notice.</p>	<p>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8800 X 1136 for more information.</p>		<p>1 NO MEALS FROM GSSSI</p>
<p>4 HIGH SODIUM DAY Hot Dog w/ Bun*(750) Potato Salad(2140) Baked Beans(191) Ketchup(82)/Mustard(55) Fresh Fruit (0) Cal:946 Carb: 101 Na:1402</p>	<p>5</p>	<p>6 Pork w/ Gravy (148) Collard Greens (245) Mashed Butternut Squash(26) Buttermilk Biscuit (172) Chilled Applesauce (14) Cal: 739 Carb: 76 Na:872</p>	<p>7</p>	<p>8 SOUP & SANDWICH LUNCH Turkey & Provolone*(567) Lettuce/Tomato(5)/Mayo(64) Chicken Vegetable Soup(111) Wheat Roll (210) Cal:680 Carb: 55 Na:1175</p>
<p>11 Breakfast Sausage(390) Spiced Applesauce(14) Potatoes O'Brien(34) French Toast(270) Fresh Fruit(2) Cal: 275 Carb: 104 Na:850</p>	<p>12</p>	<p>13 Hamburger w/ Chz (422) Lettuce & Tomato (5) Tater Tots (28) Ketchup (82) Wheat Burger Bun (33) Mandarin Oranges (6) Cal: 712 Carb: 82 Na:1013</p>	<p>14</p>	<p>15 WINTER HOLIDAY LUNCH Chicken Cordon Bleu* (550) Herbed Green Beans (3) ½ Baked Potato (9) Dinner Roll (150) Choc. Cake/(33)/Diet Red Velvet(21) Cal: 946 Carb: 123/103 Na:1181</p>
<p>18 Chicken Cacciatore(523) Penne Noodles (4) Whole Wheat Bread (150) Mandarin Oranges (7) Cal: 585 Carb: 81 Na: 707</p>	<p>19</p>	<p>20 Lemon Chicken (209) Parslied Carrots (209) Rice Pilaf (12) Whole Wheat Bread (15) Chilled Pineapple Cal: 635 Carb: 86 Na:575</p>	<p>21</p>	<p>22 BIRTHDAY LUNCH/HIGH SOD. DAY Turkey w/Gravy (492) Steamed Peas (97) Mashed Potatoes (8) Cranberry Stuffing (265) Cupcake(240)/Diet Cake (166) Cal: 870 Carb:120/108 Na: 1275</p>
<p>25 HOLIDAY - NO MEALS</p>	<p>26</p>	<p>27 BBQ Pulled Pork (365) Spinach (188) ½ Baked Potato (9) WW Burger Bun (160) Reg (79)/Diet cookie Cal: 756 Carb:86 Na:940</p>	<p>28</p>	<p>29 Chicken Fajitas (491) Fajita Blend Vegetables (4) Yellow Rice Flour Tortilla(170) Sour Cream (9) Fresh Fruit Cal: 508 Carb: 61 Na: 819</p>

