

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
Totales incluyen 1 leche baja en grasa de 8 oz (no incluida en la lista) que contiene 100mg sodio y margarina que contiene 15mg sodio. Menú sujeto a modificaciones sin previo aviso.		2 Fajitas de Pollo(479) Fajita Blend Vegetables(3) Yellow Rice(20) Flour Tortilla(170) Reg(53)/Diet Cookies Cal:539 Carb:59 Na:883		4 Alfredo de Pollo y Broccoli(24) Steamed Spinach(188) Orange Juice(26) Whole Wheat Roll(210) Chilled Applesauce(9) Cal:596 Carb:105 Na:789
		9 Pollo Jamaiquino(487) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:685 Carb:94 Na:662		11 Berenjenas a la Parmesana*(659) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Fresh Fruit(1) Cal:767 Carb: 103 Na:1176
14 Sin Servicio de Comidas		16 COMIDA DE CUMPLEAÑOS Pollo Cordon Bleu(450) Steamed Broccoli (9) ½ Sweet Potato(33) Dinner Roll(150) Birthday Sheet Cake (215) Cal:811 Carb:102 Na:1241		18 Pescado al Horno(288) Parslied Carrots Lemon Rice(19) Whole Wheat Bread(150) Fresh Fruit(1) Cal:694 Carb:73 Na:607
21 Raviolis con Salsa de Carne(557) Italian Blend Veg(19) Italian Bread(230) Reg/Diet Cookies(60) Cal:825 Carb:118 Na:937		23 Pavo con Salsa de Naranja*(517) Pacific Blend Vegetables(27) White Rice(4) Oatnut Bread(150) Mixed Fruit(5) Cal:641 Carb:98 Na:843		25 Pescado Crujiente(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(115) Mandarin Oranges(7) Cal:729 Carb:93 Na:804
28 Fricasse de Pollo*(527) Steamed Spinach(188) Arroz con Gandules(102) Whole Wheat Bread(115) Fresh Fruit(1) Cal:651 Carb:91 Na:1072		30 FELIZ HALLOWEEN Pastel de Carne Salsa(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread (115) Halloween Chocolate Cake (328) Cal:924 Carb:121 Na:1046		Abreviación: Cal= Calorías Carb= Carbohidrato Na= El contenido de sodio Donación sugerida, confidencial y voluntaria de \$ 2 por comida.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested voluntary donation \$2 Menu subject to change with no notice Key for Symbols: Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(>500mg)</p>		<p>1 Chicken Fajitas(479) Fajita Blend Vegetables(3) Yellow Rice(20) Flour Tortilla(170) Reg(53)/Diet Cookies Cal:539 Carb:59 Na:883</p>		<p>3 Chicken Broccoli Alfredo(242) Steamed Spinach(188) Orange Juice(26) Whole Wheat Roll(210) Chilled Applesauce(9) Cal:596 Carb:105 Na:789</p>
<p>7 American Chop Suey (211) Roman Blend Veg(13) Wheat Roll(210) Rice Krispie Treat(88) Cal:685 Carb:94 Na:662</p>		<p>9 Jamaican Jerk Chicken(487) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:901 Carb:116 Na:1197</p>		<p>11 Eggplant Parmesan*(659) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Fresh Fruit(1) Cal:767 Carb: 103 Na:1176</p>
<p>14 Sin Servicio de Comidas</p>		<p>16 BIRTHDAY CELEBRATION Chicken Cordon Bleu(450) Steamed Broccoli (9) ½ Sweet Potato(33) Dinner Roll(150) Cupcake(240)/Diet Cake(166) Cal:762 Carb:97/85 Na:1131</p>		<p>18 Butter Crumb Fish(288) Parslied Carrots Lemon Rice(19) Whole Wheat Bread(150) Fresh Fruit(1) Cal:694 Carb:73 Na:607</p>
<p>21 Raviolis with Meat Sauce(557) Italian Blend Veg(19) Italian Bread(230) Reg/Diet Cookies(60) Cal:825 Carb:118 Na:937</p>		<p>23 Mandarin Orange Turkey*(517) Pacific Blend Vegetables(27) White Rice(4) Oatnut Bread(150) Mixed Fruit(5) Cal:641 Carb:98 Na:843</p>		<p>25 Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(115) Mandarin Oranges(7) Cal:729 Carb:93 Na:804</p>
<p>28 Fricasse de Pollo*(527) Steamed Spinach(188) Arroz con Gandules (102) Whole Wheat Bread (115) Fresh Fruit (1) Cal:651 Carb:91 Na:1072</p>		<p>30 HAPPY HALLOWEEN Meatloaf w/ Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread (115) Halloween Sheet Cake</p>		<p>Key for Symbols: Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(>500mg) Carbs listed for both reg/diet desserts</p>