

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
<p>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.</p> <p>Menú sujeto a modificaciones sin previo aviso.</p>				<p>1</p> <p>Pastel de Pollo(269) California Blend Veg(17) Biscuit Topping(170) Pear Crisp(98)</p>
				Cal:608 Carb:65 Na:676
<p>4</p> <p>Pasta Cremosa de Pimiento Rojo Asado*(247) con Pollo(420) Steamed Broccoli(9) Whole Wheat Bread(150) Chilled Applesauce(14)</p> <p>Cal:788 Carb:113 Na:980</p>		<p>6</p> <p>Fajita de Pollo(491) Fajita Blend Vegetables(3) Yellow Rice(20) Flour Tortilla(170) Sour Cream(9) Fresh Fruit(1)</p> <p>Cal:505 Carb:60 Na:896</p>		<p>8</p> <p>Empanada de Carne*(600) Steamed Broccoli(9) Whole Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12)</p> <p>Cal:592 Carb:72/70 Na:985</p>
<p>11</p> <p>Sin Servicio de Comidas</p>		<p>13</p> <p>Hamburger con Queso(540) Onions & Mushrooms(96) Roasted Red Potatoes(28) Wheat Burger Bun(330) Mandarin Oranges(6) Ketchup(82)</p> <p>Cal:728 Carb:87 Na:1105</p>		<p>15</p> <p>Salchicha de Desayuno (390) Spiced Apples(20) Potatoes O'Brien(29) Scrambled Eggs (24) Fresh Fruit(2) Maple Syrup(23)</p> <p>Cal:704 Carb:109 Na:846</p>
<p>18</p> <p>Pastelón de Carne(272) White Rice(4) Whole Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12)</p> <p>Cal:742 Carb:78 Na:673</p>		<p>20 Comida de Acción de Gracias Día Alto en Sodio</p> <p>Pavo con Salsa(492) Peas(12) Mashed Potatoes(8) Cranberry Stuffing(265) Pumpkin Pie(510)/Diet Pie(425)</p> <p>Cal:923 Carb:130/128 Na:1323</p>		<p>22</p> <p>Pollo Marsala(528) Tossed Salad w/Italian(123) Penne Noodles(4) Garlic Bread(210) Mixed Fruit(5)</p> <p>Cal:644 Carb:75 Na:1037</p>
<p>25</p> <p>Mac & Queso (280) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Reg(53)/Diet Jello(35)w/Topping(12)</p> <p>Cal:566 Carb:71/69 Na:824</p>		<p>27 Comida de Cumpleaños</p> <p>Cerdo a la Barbacoa (365) Broccoli Slaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(160) Reg(240)/Diet Cupcake(166)</p> <p>Cal:771 Carb:82/70 Na:1043</p>		<p>29</p> <p>NO MEAL SERVICE</p>

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 Pot Pie(269) California Blend Veg(17) Biscuit Topping(170) Pear Crisp(98) Cal:608 Carb:65 Na:676</p>
<p>4 Creamy Roasted Red-Pepper Pasta *(247) w/Chicken(420) Steamed Broccoli(9) Whole Wheat Bread(150) Chilled Applesauce(14) Cal:788 Carb:113 Na:980</p>		<p>7 Chicken Fajitas(491) Fajita Blend Vegetables(3) Yellow Rice(20) Flour Tortilla(170) Sour Cream(9) Fresh Fruit(1) Cal:857 Carb:83 Na:1491</p>		<p>8 Empanada de Carne*(600) Steamed Broccoli(9) Whole Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12) Cal:592 Carb:72/70 Na:985</p>
<p>11 HOLIDAY- NO MEALS</p>		<p>14 Hamburger w/Chz(540) Onions & Mushrooms(96) Roasted Red Potatoes(28) Wheat Burger Bun(330) Mandarin Oranges(6) Ketchup(82) Cal:728 Carb:87 Na:1105</p>		<p>15 Breakfast Sausage(390) Scrambled Eggs(24) Syrup(23) Potatoes O’Brien(7) Snack Loaf(270) Spiced Apple(20) Cal:718 Carb:111 Na:857</p>
<p>18 Pastelón de Carne(272) White Rice(4) Whole Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12) Cal:577 Carb:54/52 Na:501</p>		<p>20 THANKSGIVING/HIGH SODIUM Turkey w/Gravy(492) Steamed Peas(12) Mashed Potatoes(8) Cranberry Stuffing(265) Pumpkin Pie(510)/Diet Pie(425) Cal:923 Carb:130/128 Na:1323</p>		<p>22 Chicken Marsala(528) Tossed Salad w/Italian(123) Penne Noodles(4) Garlic Bread(210) Mixed Fruit(5) Cal:644 Carb:75 Na:1037</p>
<p>25 Mac & Cheese (280) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Reg(53)/Diet Jello(35)w/Topping(12) Cal:566 Carb:71/69 Na:824</p>		<p>27 BIRTHDAY MEAL BBQ Pulled Pork(365) Broccoli Slaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(160) Birthday Cake (215) Cal:817 Carb:101 Na:868</p>		<p>29 NO MEAL SERVICE</p>

