

For Reservations or Cancellations call by 11:30 a.m. the day before at the site you attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Suggested voluntary donation \$2</b> Menu subject to change without notice.</p>	<p><b>Key for Symbols:</b> Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(&gt;500mg) Carbs listed for both reg/diet desserts</p>	<p><b>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8800 X 1136 for more information.</b></p>	<p><b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp; margarine(15mg Na).</b></p>	<p><b>1</b></p>
<p><b>4</b></p>	<p><b>5</b> <b>NO MEAL SERVICE</b></p>	<p><b>6</b></p>	<p><b>7 HIGH SODIUM DAY</b> Hot Dog w/Bun*(750) Potato Salad(214) Baked Beans(140) Ketchup(82) Mixed Fruit(5)</p>	<p><b>8</b></p>
			<p>Cal:857 Carb:83 Na:1491</p>	
<p><b>11</b> <b>HOLIDAY- NO MEALS</b></p>	<p><b>12</b> Pork w/Apple Gravy(148) Collard Greens(245) Mashed Butternut Squash(26) Buttermilk Biscuit(172) Reg(70)/Diet Cookies(70)</p>	<p><b>13</b></p>	<p><b>14</b> Chicken Parmesan(354) Tossed Salad w/Italian(123) Penne w/Sauce(211) Garlic Toast(210) Reg(53)/Diet Jello(35)w/Topping(12)</p>	<p><b>15</b></p>
	<p>Cal:730 Carb:74 Na:879</p>		<p>Cal:762 Carb:81/79 Na:1086</p>	
<p><b>18</b></p>	<p><b>19</b> Ham w/Pineapple Sauce*(545) Herbed Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Fresh Fruit(1)</p>	<p><b>20</b></p>	<p><b>21 THANKSGIVING/HIGH SODIUM</b> Turkey w/Gravy(492) Steamed Peas(12) Mashed Potatoes(8) Cranberry Stuffing(265) Pumpkin Pie(510)/Diet Pie(425)</p>	<p><b>22</b></p>
	<p>Cal:562 Carb:94 Na:804</p>		<p>Cal:923 Carb:130/128 Na:1323</p>	
<p><b>25</b></p>	<p><b>26 BIRTHDAY MEAL</b> Shepherd's Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Birthday Cake(215)</p>	<p><b>27</b></p>	<p><b>28</b> <b>HOLIDAY- NO MEALS</b></p>	<p><b>29</b></p>
	<p>Cal:782 Carb:82 Na:1019</p>			