

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested voluntary donation \$2 Menu subject to change without notice.</p>	<p>Key for Symbols: Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(>500mg) Carbs listed for both reg/diet desserts</p>	<p>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8800 X 1136 for more information.</p>	<p>Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).</p>	<p>1 Chicken Pot Pie(269) California Blend Veg(17) Biscuit Topping(170) Pear Crisp(98)</p>
				Cal:608 Carb:65 Na:676
<p>4 Creamy Roasted Red-Pepper Pasta *(247) w/Chicken(420) Steamed Broccoli(9) Whole Wheat Bread(150) Chilled Applesauce(14)</p>	<p>5</p>	<p>6 Chicken Fajitas(491) Fajita Blend Vegetables(3) Yellow Rice(20) Flour Tortilla(170) Sour Cream(9) Fresh Fruit(1)</p>	<p>7</p>	<p>8 Beef Stew(100) With Carrots and Peas Mashed Potatoes(46) Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12)</p>
Cal:788 Carb:113 Na:980		Cal:505 Carb:60 Na:896		Cal:679 Carb:73/71 Na:519
<p>11 HOLIDAY- NO MEALS</p>	<p>12</p>	<p>13 Hamburger w/Chz(540) Onions & Mushrooms(96) Roasted Red Potatoes(28) Wheat Burger Bun(330) Mandarin Oranges(6) Ketchup(82)</p>	<p>14</p>	<p>15 Breakfast Sausage(390) Scrambled Eggs(24) Syrup(23) Potatoes O’Brien(7) Snack Loaf(270) Spiced Apples (20)</p>
		Cal:728 Carb:87 Na:1105		Cal:718 Carb:111 Na:857
<p>18 “Lazy” Stuffed Cabbage(105) Peas & Onions(42) Whole Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12)</p>	<p>19</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)</p>	<p>21</p>	<p>22 Chicken Marsala(528) Tossed Salad w/Italian(123) Penne Noodles(4) Garlic Bread(210) Mixed Fruit(5)</p>
Cal:577 Carb:54/52 Na:501		Cal:923 Carb:130/128 Na:1323		Cal:644 Carb:75 Na:1037
<p>25 Mac & Cheese (280) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Reg(53)/Diet Jello(35)w/Topping(12)</p>	<p>26</p>	<p>27 NO MEAL SERVICE</p>	<p>28</p>	<p>29 NO MEAL SERVICE</p>
Cal:566 Carb:71/69 Na:824				