

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>Donación sugerida, confidencial y voluntaria de \$ 2 por comida.</p> <p>Abreviación: Cal= Calorías Carb= Carbohidrato Na= El contenido de sodio</p>		<p>Totales incluyen 1 leche baja en grasa de 8 oz (no incluida en la lista) que contiene 100mg sodio y margarina</p> <p>Menú sujeto a modificaciones sin previo aviso.</p>		<p>1 Sopa de Pescado de Nueva Inglaterra(421) Green Beans(5) Mini Cornbread Loaf(180) Mandarin Oranges(7)</p>
				Cal:536 Carb:70 Na:627
<p>4 Sancocho(63) Mixed Vegetables(53) White Rice(4) Mini Cornbread(180) Fresh Fruit(1)</p>		<p>6 Comida de Cumpleaños de Marzo Chicken Cordon Bleu(450) Steamed Broccoli (9) ½ Sweet Potato(33) Italian Bread(120) Reg(240)/Diet Cupcake(166)</p>		<p>8 Pescado al Horno(288) California Blend Veg(9) Lemon Rice(19) WW Bread(150) Reg(105)/Diet Cookie(55)</p>
Cal:855 Carb:112 Na:441		Cal:732 Carb:91/79 Na:1101		Cal:785 Carb:80/67 Na:711
<p>11 Sloppy Joe(379) Coleslaw(122) Tortilla Chips(115) Wheat Hamburger Bun(210) Chilled Pears(4)</p>		<p>13 Pernil(470) Steamed Peas(58) Arroz con Gandules(32) Whole Wheat Bread(150) Fresh Fruit(1)</p>		<p>15 Abadejo al Horno (330) w/Tartar(130) Steamed Broccoli(9) Lemon Rice(19) Whole Wheat Bread(150) Reg/Diet Cookies(150)</p>
Cal:681 Carb:86 Na:967		Cal:847 Carb:101 Na:852		Cal:706 Carb:86 Na:928
<p>18 Pollo Guisado*(516) Steamed Broccoli(9) Yellow Rice w/Olives(87) Whole Wheat Bread(150) Applesauce(14)</p>		<p>20 Plato de Taco de Pavo(347) Corn and Peppers(2) Yellow Rice(29) Tortilla Chips(115) Chilled Pineapple(6)</p>		<p>22 Estofado Pescado con Coco(142) California Blend Veg(9) White Rice(4) Whole Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12)</p>
Cal:773 Carb:86 Na:881		Cal:802 Carb:94 Na:783		Cal:641 Carb:82/67 Na:570
<p>25 Albondigas en Salsa Roja*(724) Oriental Blend Veg(5) White Rice(4) Oatnut Bread(150) Chilled Applesauce(14)</p>		<p>27 Comida de Primavera Jamón con Piña(425) Herbed Green Beans(5) Au Gratin Potatoes(195) Whole Wheat Bread(150) Pound Cake w/Berries(252)</p>		<p>29 Pasta con salsa cremosa de tomates secos (512) Tossed Salad w/Italian Steamed Broccoli(9) Whole Wheat Bread(150) Fresh Fruit (5)</p>
Cal:682 Carb:85 Na:1059		Cal:693 Carb:101 Na:1166		Cal:771 Carb:110 Na:820

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>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8800 X 1136 for more information. Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).</p>		<p>1 New England Fish Chowder(421) Green Beans(5) Mini Cornbread Loaf(180) Mandarin Oranges(7)</p>
				<p>Cal:536 Carb:70 Na:627</p>
<p>4 Sancocho(63) Mixed Vegetables(53) White Rice(4) Mini Cornbread(180) Fresh Fruit(1)</p>		<p>6 Comida de Cumpleaños de Marzo Chicken Cordon Bleu(450) Steamed Broccoli (9) ½ Sweet Potato(33) Italian Bread(120) Reg(240)/Diet Cupcake(166)</p>		<p>8 Cheddar Baked Fish(288) California Blend Veg(9) Lemon Rice(19) WW Bread(150) Reg(105)/Diet Cookie(55)</p>
<p>Cal:855 Carb:112 Na:441</p>		<p>Cal:732 Carb:91/79 Na:1101</p>		<p>Cal:785 Carb:80/67 Na:711</p>
<p>11 Sloppy Joe(379) Coleslaw(122) Tortilla Chips(115) Wheat Hamburger Bun(210) Chilled Pears(4)</p>		<p>13 Pernil(470) Steamed Peas(58) Arroz con Gandules(32) Whole Wheat Bread(150) Fresh Fruit(1)</p>		<p>15 Potato Pollock(330) w/Tartar(130) Steamed Broccoli(9) Lemon Rice(19) Whole Wheat Bread(150) Reg/Diet Cookies(150)</p>
<p>Cal:681 Carb:86 Na:967</p>		<p>Cal:847 Carb:101 Na:852</p>		<p>Cal:706 Carb:86 Na:928</p>
<p>18 Pollo Guisado*(516) Steamed Broccoli(9) Yellow Rice w/Olives(87) Whole Wheat Bread(150) Applesauce(14)</p>		<p>20 Turkey Taco Plate(347) Tossed Salad w/Ranch(122) Yellow Rice(29) Tortilla Chips(115) Chilled Pineapple(6)</p>		<p>22 Coconut Fish Stew(142) California Blend Veg(9) White Rice(4) Whole Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12)</p>
<p>Cal:773 Carb:86 Na:881</p>		<p>Cal:802 Carb:94 Na:783</p>		<p>Cal:641 Carb:82/67 Na:570</p>
<p>25 Meatballs in Seasoned Red Sauce*(724) Oriental Blend Veg(5) White Rice(4) Oatnut Bread(150) Chilled Applesauce(14)</p>		<p>27 SPRING HOLIDAY MEAL Ham w/Pineapple(425) Herbed Green Beans(5) Au Gratin Potatoes(195) Whole Wheat Bread(150) Pound Cake w/Berries(252)</p>		<p>29 Lasagna w/Sundried Tomato Sauce (512) Tossed Salad w/Italian Steamed Broccoli(9) Whole Wheat Bread(150) Fresh Fruit (5)</p>
<p>Cal:682 Carb:85 Na:1059</p>		<p>Cal:693 Carb:101 Na:1166</p>		<p>Cal:771 Carb:110 Na:820</p>