

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</p>
<p>4</p>	<p>5 Meatloaf w/Mushroom Gravy(301) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Chilled Peaches(6)</p>	<p>6</p>	<p>7 Broccoli Chicken Alfredo Pasta(456) Steamed Spinach(188) Apple Juice(5) 12 Grain Bread(200) Chilled Pineapple(1)</p>	<p>8</p>
	<p>Cal:623 Carb:79 Na:745</p>		<p>Cal:709 Carb:106 Na:990</p>	
<p>11</p>	<p>12 Chicken & Dumplings*(541) Brussels Sprouts(12) Multigrain Bread(200) Applesauce(9)</p>	<p>13</p>	<p>14 ST. PATRICK'S /HIGH SOD. DAY Corned Beef*(911) Cabbage & Carrots(110) Red Bliss Potatoes(6) Rye Bread(150) Mustard(55) Pistachio Pudding(110)/Topping(12)</p>	<p>15</p>
	<p>Cal:667 Carb:86 Na:1005</p>		<p>Cal:552 Carb:68 Na:1491</p>	
<p>18</p>	<p>19 Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Reg(150)/Diet Cookies(150)</p>	<p>20</p>	<p>21 Spaghetti & Meatballs(521) Tossed Salad w/Italian(123) Garlic Toast(210) Fresh Fruit(2)</p>	<p>22</p>
	<p>Cal:548 Carb:91/91 Na:977</p>		<p>Cal:880 Carb:112 Na:996</p>	
<p>25</p>	<p>26 "Lazy" Stuffed Cabbage Peas & Onions(42) Whole Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12)</p>	<p>27</p>	<p>28 HIGH SODIUM /MLB OPENING DAY Hot Dog w/Bun*(750) Potato Salad(214) Baked Beans(213) Ketchup(82)/Mustard(55) Tropical Fruit(10)</p>	<p>29</p>
	<p>Cal:625 Carb:69 Na:533</p>		<p>Cal:961 Carb:100 Na:1434</p>	