

For Reservations or Cancellations call by 11:30 a.m. the day before at 566-5588

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Suggested voluntary donation \$2</b> <b>Menu subject to change without notice.</b>	<b>Key for Symbols:</b> Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(>500mg) Carbs listed for both reg/diet desserts	<b>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8800 X 1136 for more information.</b>	<b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp; margarine(15mg Na).</b>	<b>1</b> Fish Chowder(421) Green Beans(5) Mini Cornbread Loaf(180) Mandarin Oranges(7)
				Cal:536 Carb:70 Na:627
<b>4</b> Beef Chili(327) Mixed Vegetables(53) ½ Baked Potato(9) Mini Cornbread(180) Fresh Fruit(1)	<b>5</b> Meatloaf w/Mushroom Gravy(301) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Chilled Peaches(6)	<b>6 BIRTHDAY MEAL</b> Chicken Cordon Bleu(450) Steamed Broccoli (9) ½ Sweet Potato(33) Italian Bread(120) Reg(240)/Diet Cupcake(166)	<b>7</b> Broccoli Chicken Alfredo Pasta(456) Steamed Spinach(188) Apple Juice(5) 12 Grain Bread(200) Chilled Pineapple(1)	<b>8</b> Cheddar Baked Fish(288) California Blend Veg(9) Lemon Rice(19) Tartar Sauce(130) WW Bread(150) Reg(105)/Diet Cookie(55)
Cal:902 Carb:130 Na:711	Cal:623 Carb:79 Na:745	Cal:732 Carb:91/79 Na:1101	Cal:709 Carb:106 Na:990	Cal:785 Carb:80/67 Na:841
<b>11</b> Turkey Sloppy Joe(379) Coleslaw(122) Tortilla Chips(115) Wheat Hamburger Bun(210) Chilled Pears(4)	<b>12</b> Chicken & Dumplings*(541) Brussels Sprouts(12) Multigrain Bread(200) Applesauce(9)	<b>13</b> Pot Roast w/Gravy (116) Steamed Peas(58) Garlic Mashed Potatoes(117) Whole Wheat Bread(150) Fresh Fruit(1)	<b>14</b> Potato Pollock(330) w/Tartar(130) Steamed Broccoli(9) Lemon Rice(19) Whole Wheat Bread(150) Reg/Diet Cookies(150)	<b>15 ST. PATRICK'S /HIGH SOD. DAY</b> Corned Beef*(911) Cabbage & Carrots(110) Red Bliss Potatoes(6) Rye Bread(150) Mustard(55) Pistachio Pudding(110)/Topping(12)
Cal:681 Carb:86 Na:967	Cal:667 Carb:86 Na:1005	Cal:716 Carb:86 Na:535	Cal:706 Carb:86 Na:928	Cal:552 Carb:68 Na:1491
<b>18</b> Chicken w/Dijon Sauce(650) Steamed Broccoli(9) Roasted Red Potatoes(6) Whole Wheat Bread(150) Chilled Applesauce(14)	<b>19</b> Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Reg(150)/Diet Cookies(150)	<b>20</b> Taco Plate(347) Tossed Salad w/Ranch(122) Yellow Rice(29) Tortilla Chips(115) Chilled Pineapple(6)	<b>21</b> Spaghetti & Meatballs(521) Tossed Salad w/Italian(123) Garlic Toast(210) Fresh Fruit(2)	<b>22</b> Butter Crumb Fish(296) California Blend Veg(31) Rice Pilaf(12) Whole Wheat Roll(210) Reg(53)/Diet Jello(35) w/Topping(12)
Cal:571 Carb:69 Na:934	Cal:548 Carb:91/91 Na:977	Cal:802 Carb:94 Na:783	Cal:880 Carb:112 Na:996	Cal:636 Carb:84/69 Na:755
<b>25</b> Korean Meatballs*(577) Oriental Blend Veg(5) White Rice(4) Oatnut Bread(150) Chilled Applesauce(14)	<b>26</b> "Lazy" Stuffed Cabbage Peas & Onions(42) Whole Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12)	<b>27 SPRING HOLIDAY MEAL</b> Ham w/Pineapple(425) Herbed Green Beans(5) Au Gratin Potatoes(195) Whole Wheat Bread(150) Pound Cake w/Berries(252)	<b>28 HIGH SODIUM /MLB OPENING DAY</b> Hot Dog w/Bun*(750) Potato Salad(214) Baked Beans(213) Ketchup(82)/Mustard(55) Tropical Fruit(10)	<b>29</b> Cheese Lasagna w/Sundried Tomato Sauce(565) Tossed Salad w/Italian(123) Steamed Broccoli(9) Whole Wheat Bread(150) Fresh Fruit (5)
Cal:628 Carb:91 Na:910	Cal:625 Carb:69 Na:533	Cal:693 Carb:101 Na:1166	Cal:961 Carb:100 Na:1434	Cal:630 Carb:91 Na:1004