

For Reservations or Cancellations, call by 11:30am the day before at (413) 245-7253

| MONDAY    | TUESDAY   | WEDNESDAY | THURSDAY  | FRIDAY  |
|-----------|---|-----------|---|---|
| <b>1</b>  | <b>2</b><br>Butter Crumb Fish(296)<br>Steamed Broccoli(9)<br>Roasted Red Bliss Potatoes(21)<br>Whole Wheat Bread(150)<br>Fresh Fruit(1) Tartar(130)<br>Cal:608 Carb:75 Na:747 | <b>3</b>  | <b>4</b><br><b>HOLIDAY- NO MEALS</b>  | <b>5</b>  |
| <b>8</b>  | <b>9</b><br>Tuna Noodle Casserole(564)<br>Parslied Carrots(62)<br>Whole Wheat Bread(150)<br>Reg(190)/Diet(210) Pudding w/Topping<br>Cal:612 Carb:81/77 Na:1118                | <b>10</b> | <b>11 HIGH SODIUM DAY</b><br>Steak and Cheese Sandwich*(658)<br>Onions & Peppers(4)<br>Potato Salad(224)<br>Hot Dog Bun(210)<br>Reg/Diet Cookies(86)<br>Cal:763 Carb:69 Na:1322             | <b>12</b>   |
| <b>15</b> | <b>16</b><br>Swedish Meatballs(320)<br>Summer Blend Veg(50)<br>Egg Noodles(5)<br>Oatnut Bread(150)<br>Fresh Fruit(0)<br>Cal:850 Carb:100 Na:665                               | <b>17</b> | <b>18</b><br>Lemon Chicken(209)<br>Parslied Carrots(62)<br>Roasted Red Potatoes(21)<br>Whole Wheat Bread(150)<br>Chilled Pineapple(1)<br>Cal:610 Carb:94 Na:583                             | <b>19</b>   |
| <b>22</b> | <b>23</b><br>Hamburger w/Chz(422)<br>Onions & Mushrooms(96)<br>Macaroni Salad(122)<br>Wheat Burger Bun(330) Ketchup(82)<br>Chilled Applesauce(14)<br>Cal:647 Carb:75 Na:1190  | <b>24</b> | <b>25 BIRTHDAY MEAL</b><br>Turkey w/Gravy(356)<br>Herbed Green Beans(5)<br>Mashed Potatoes(46)<br>Whole Wheat Bread(150)<br>Birthday Cake(215)<br>Cal:656 Carb:89 Na:909                    | <b>26</b>   |
| <b>29</b> | <b>30</b><br>Beef Stroganoff(226)<br>Brussels Sprouts(15)<br>Egg Noodles(5)<br>Multigrain Bread(200)<br>Reg(210)/SF(190) Pudding w/Topping(12)<br>Cal:818 Carb:114/110 Na:815 | <b>31</b> | <b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp; margarine(15mg Na).</b><br><b>Suggested voluntary donation \$2/meal Menu subject to change without notice.</b> | <b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X1136 for more information.</b><br><b>Key for Symbols:</b> Carb= Carbohydrate<br>Na= Sodium *Sodium content(>500mg)<br>Cal= Calories Sodium (mg) |