

For Reservations or Cancellations, call by 11:30am the day before at (413) 596-8546

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheese Lasagna w/Meat Sauce*(639) Green Beans(5) Oatnut Bread(150) Chilled Pineapple(1) Cal:740 Carb:97 Na: 935	2	3 Pot Roast w/Gravy(123) Tossed Salad w/Italian(121) Garlic Mashed Potatoes(117) Whole Wheat Bread(150) Brownie(162)Diet Cookie(70) Cal:945 Carb:103/75 Na:817	4 HOLIDAY- NO MEALS	5 4TH OF JULY BBQ/HIGH SODIUM DAY Hot Dog w/Bun*(720) Coleslaw(122) Baked Beans(122) Ketchup(82)/Mustard(55) Red White & Blue Cake Cal:792 Carb:84 Na:1427
8 Breakfast Sausage(367) Scrambled Eggs(383) Potatoes O’Brien(29) Cherry Snack Loaf(240) Spiced Apples(20) Syrup(23) Cal:797 Carb:90 Na:1054	9	10 Turkey Taco Plate(431) Tossed Salad w/Ranch(122) Yellow Rice(97) Sour Cream(9) Tortilla Chips(115) Chilled Pineapple(1) Cal:799 Carb:73 Na:898	11	12 Chicken Marsala(528) Steamed Broccoli(9) Parslied Penne(22) Whole Wheat Roll(210) Fresh Fruit(2) Cal:618 Carb:92 Na:913
15 “Lazy” Stuffed Cabbage(105) Peas & Onions(79) Whole Wheat Bread(150) Rice Krispie Treat(88) Cal:635 Carb:70 Na:561	16	17 COLD PLATE Chef Salad*(558) w/ Italian(119) Ham & Turkey Celery Salad(75) Whole Wheat Bun(210) Chilled Peaches(6) Cal:567 Carb:57 Na:1109	18	19 Sloppy Joe(315) Potato Salad(214) Sun Chips(110) Wheat Hamburger Bun(230) Reg(53)/Diet Jello(35) w/Topping(12) Cal:785 Carb:78/76 Na:1048
22 Chicken Pot Pie(269) California Blend Veg(17) Biscuit Topping(170) Pear Crisp(79) Cal:608 Carb:65 Na:676	23	24 COLD PLATE Ham & Swiss (475) Citrus Carrot Salad(36) Red Bliss Potato Salad(214) Hamburger Bun(230) Fresh Fruit(2) Cal:783 Carb:84 Na:1038	25	26 BIRTHDAY MEAL Shrimp Scampi*(520) Steamed Broccoli(9) Spaghetti Noodles(11) Whole Wheat Roll(210) Birthday Cake (215) Cal:748 Carb:86 Na:1106
29 COLD PLATE Egg Salad(388) Three Bean Salad(126) Broccoli Slaw(117) Whole Wheat Bread(150) Raisins(4) Cal:740 Carb:81 Na:1023	30	31 Crab Cake*(600) w/tartar(130) Steamed Corn(4) Coleslaw(122) Whole Wheat Bread(150) Fresh Fruit(1) Cal:591 Carb:97 Na:1137	Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na). Suggested voluntary donation \$2/meal Menu subject to change without notice.	If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X1136 for more information. Key for Symbols: Carb= Carbohydrate Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)

