

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
3 Hamburguesa con Queso(540) Onions & Mushrooms(96) Roasted Red Potatoes(28) Wheat Burger Bun(330) Mandarin Oranges(6) Ketchup(82) Cal:728 Carb:87 Na:1105		5 Camarones con Ajo y Jengibre(242) Steamed Broccoli(9) White Rice(4) Whole Wheat Bread(150) Reg(53)/Diet Pudding(35) w/Topping(12) Cal:541 Carb:86 Na:757		7 Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Reg(60)/Diet Cookies(60) Cal:624 Carb:97 Na:946
10 Jamón con Piña*(545) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Fresh Fruit(2) Cal:580 Carb:99 Na:804		12 Pollo Asado*(616) California Blend Veg(17) Arroz con Gandules(102) Italian Bread(230) Chilled Applesauce(14) Cal:569 Carb:78 Na:1119		14 Mac & Queso (280) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Mixed Fruit(5) Cal:576 Carb:81 Na:799
17 Día de San Patricio/alto contenido de sodio Carne en Conserva*(911) Cabbage & Carrots(110) Red Bliss Potatoes(6) Rye Bread(150) Pistachio Cake (195) Cal: 658 Carb:84 Na:1497		19 Cerdo Desmenuzado a la Barbacoa(365) Broccoli Slaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(160) Reg(147)/Diet Cookies(95) Cal:744 Carb:72/69 Na:952		21 Pescado al Horno(296) Steamed Peas(58) Rice Pilaf(11) Whole Wheat Bread(150) Mandarin Oranges(7) Tartar(130) Cal:553 Carb:66 Na:645
24 Chop Suey Americano(211) Roman Blend Veg(13) Wheat Roll(210) Rice Krispie Treat(88) Cal:685 Carb:94 Na:662		26 Pollo Jamaiquino(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:805 Carb:95 Na:1090		28 Guiso de Pescado con Coco(142) White Rice(4) Oyster Crackers(133) Chilled Applesauce(14) Cal:544 Carb:67 Na:434
31 Comida de Cumpleaños Pastel de Carne con Gravy (304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Reg(240)/Diet Cupcake(166) Cal:734 Carb:92 Na:958		Abreviación: Cal= Calorías Carb= Carbohidrato Na= El contenido de sodio		Totales incluyen 1 leche baja en grasa de 8 oz (no incluida en la lista) que contiene 100mg sodio y margarina que contiene Donación sugerida, confidencial y voluntaria de \$ 2 por comida.

For Reservations or Cancellations call (413) 733-7894 by 11:30 a.m. one business day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hamburger w/Chz(540) Ketchup(82) Onions & Mushrooms(96) Roasted Red Potatoes(28) Wheat Burger Bun(330) Mandarin Oranges(6) Cal:728 Carb:87 Na:1105		5 Ginger Garlic Shrimp(242) Steamed Broccoli(9) White Rice(4) Whole Wheat Bread(150) Reg(53)/Diet Pudding(35) w/Topping(12) Cal:541 Carb:86 Na:757		7 Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Reg(60)/Diet Cookies(60) Cal:624 Carb:97 Na:946
10 Ham w/Pineapple Sauce*(545) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Fresh Fruit(2) Cal:580 Carb:99 Na:804		12 Pollo Asado*(616) California Blend Veg(17) Arroz con Gandules(102) Italian Bread(210) Chilled Applesauce(14) Cal:569 Carb:78 Na:1119		14 Mac & Cheese (280) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Mixed Fruit(5) Cal:576 Carb:81 Na:799
17 ST.PATRICK'S DAY/HIGH SOD. MEAL Corned Beef*(911) Cabbage & Carrots(110) Red Bliss Potatoes(6) Rye Bread(150) Pistachio Cake (195) Cal: 658 Carb:84 Na:1497		19 BBQ Pulled Pork(365) Broccoli Slaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(160) Reg(147)/Diet Cookies(95) Cal:744 Carb:72/69 Na:952		21 Butter Crumb Fish(296) Steamed Peas(58) Rice Pilaf(11) Whole Wheat Bread(150) Mandarin Oranges(7) Tartar(130) Cal:553 Carb:66 Na:645
24 American Chop Suey(211) Roman Blend Veg(13) Wheat Roll(210) Rice Krispie Treat(88) Cal:685 Carb:94 Na:662		26 Jamaican Jerk Chicken(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:805 Carb:95 Na:1090		28 Coconut Fish Stew(142) White Rice(4) Oyster Crackers(133) Chilled Applesauce(14) Cal:544 Carb:67 Na:434
31 BIRTHDAY MEAL Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Reg(240)/Diet Cupcake(166) Cal:734 Carb:92 Na:958		Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg) Suggested voluntary donation \$3/meal Menu subject to change without notice		If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information. Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na).