

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 Totales incluyen 1 leche baja en grasa de 8 oz (no incluida en la lista) que contiene 100mg sodio y margarina que contiene 15mg sodio. Menú sujeto a modificaciones sin		2 COMIDA FRÍA Pavo y Suizo(268) Coleslaw(122) Macaroni Salad(294) Club Roll(340) Chilled Pineapple(1)		4 Berenjenas a la Parmesana*(659) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Applesauce(15)
		Cal:847 Carb:86 Na:1147		Cal:810 Carb:99 Na:1177
7 Pollo Guisado*(720) White Rice(4) 12 Grain Bread(115) Fresh Fruit(1)		9 Carne a la Cacerola(126) Brussels Sprouts(12) Mashed Butternut(24) Whole Wheat Bread(150) Mixed Fruit(5)		11 Salmón con salsa de eneldo (145) California Blend Veg(17) Roasted Red Potatoes (21) Whole Wheat Bread(150) Reg/Diet Cookies(60)
Cal:897 Carb:115 Na:1134		Cal:627 Carb:76 Na:449		Cal:689 Carb:81 Na:722
14 Pavo con Salsa*(549) Green Beans(5) Mashed Potatoes(26) Oatnut Bread(150) Birthday Cake (215)		16 Hamburguesa con Queso(422) Onions & Mushrooms(96) Roasted Red Potatoes(29) Hamburger Bun(330) Fresh Fruit(1)		18 Pastel de Cangrejo*(600) Broccoli Slaw(119) Steamed Corn(4) Whole Wheat Bread(150) Chilled Peaches(6) tartar(130)
Cal:764 Carb:98 Na:1085		Cal:756 Carb:95 Na:1100		Cal:704 Carb:95 Na:1150
21 SIN SERVICIO DE COMIDA Abreviación: Cal= Calorías Carb= Carbohidrato Na= El contenido de sodio		23 Pescado al Horno(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(115) Applesauce(14)		25 Pastelon de Carne(272) Tossed Salad w/Italian(131) Garlic Bread(210) Fresh Fruit(1)
		Cal:667 Carb:82 Na:812		Cal:720 Carb:70 Na:755
28 Carne Guisada Yellow Rice w/Olives(135) Wheat Roll(210) Reg/Diet Cookie(70)		30 Salchicha de Desayuno(367) Spiced Applesauce(20) Potatoes O'Brien(29) French Toast*(600) w/ Syrup(23) Fresh Fruit(2) Orange Juice(26)		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 \$ 3 por comida.
Cal:853 Carb:105 Na:861		Cal:794 Carb:130 Na:872		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Suggested voluntary donation \$3/meal Menu subject to change without notice. Key for Symbols: Cal= Calories Carb=Carbohydrates Carbs listed for both reg/diet desserts Na= Sodium *Sodium content(>500mg)</p>		<p>2 COLD PLATE Turkey & Swiss(268) Coleslaw(122) Macaroni Salad(294) Club Roll(340) Chilled Pineapple(1) Cal:847 Carb:86 Na:1147</p>		<p>4 Eggplant Parmesan*(659) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Applesauce(15) Cal:810 Carb:99 Na:1177</p>
<p>7 Pollo Guisado*(720) White Rice(4) 12 Grain Bread(115) Fresh Fruit(1) Cal:897 Carb:115 Na:1134</p>		<p>9 Pot Roast w/ Gravy(126) Brussels Sprouts(12) Mashed Butternut(24) Whole Wheat Bread(150) Mixed Fruit(5) Cal:627 Carb:76 Na:449</p>		<p>11 Salmon w/ Dill Sauce(145) California Blend Veg(17) Roasted Red Potatoes(17) Whole Wheat Bread(150) Reg/Diet Cookies(60) Cal:689 Carb:81 Na:722</p>
<p>14 BIRTHDAY MEAL/ HIGH SODIUM Turkey w/ Gravy*(549) Green Beans(5) Mashed Potatoes(26) Oatnut Bread(150) Birthday Cake (215) Cal:764 Carb:98 Na:1085</p>		<p>16 Cheeseburger(422) Onions & Mushrooms(96) Roasted Red Potatoes(29) Hamburger Bun(330) Fresh Fruit(1) Cal:756 Carb:95 Na:1100</p>		<p>18 Crab Cake*(600) Broccoli Slaw(119) Steamed Corn(4) Whole Wheat Bread(150) Chilled Peaches(6) tartar(130) Cal:704 Carb:95 Na:1150</p>
<p>24 HOLIDAY – NO MEAL SERVICE</p>		<p>23 Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(115) Applesauce(14) Cal:667 Carb:82 Na:812</p>		<p>25 Pastelon de Carne(272) Tossed Salad w/Italian(131) Garlic Bread(210) Fresh Fruit(1) Cal:720 Carb:70 Na:755</p>
<p>28 Carne Guisada Yellow Rice w/Olives(135) Wheat Roll(210) Reg/Diet Cookie(70) Cal:853 Carb:105 Na:861</p>		<p>30 Turkey Breakfast Sausage(367) Spiced Applesauce(20) Potatoes O’Brien(29) French Toast*(600) w/ Syrup(23) Fresh Fruit(2) Orange Juice(26) Cal:794 Carb:130 Na:872</p>		<p>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).</p>