

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 SOUP & SANDWICH DAY Cape Cod Chicken Salad(125) Celery Salad(75) Minestrone Soup(373) Wheat Hamburger Bun(227) Fudge Round Cookie(80) Cal:576 Carb:62 Na:943	4	5 BBQ Pulled Pork(365) Coleslaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(227) Chilled Peaches(6) Cal:828 Carb:99 Na:873	6
9	10 Beef Chili(335) Sour Cream(9) Parslied Carrots(62) Baked Potato(9) Italian Bread(110) Chilled Pineapple(1) Cal:744 Carb:103 Na:644	11	12 BIRTHDAY MEAL Chicken Cordon Bleu*(727) Steamed Broccoli (9) ½ Sweet Potato(43) Wheat Roll(150) Sheet Cake(223) Cal:767 Carb:87 Na:1088	13
16	17 ST.PATRICK'S DAY/HIGH SOD. MEAL Corned Beef*(911) Cabbage & Carrots(110) Red Bliss Potatoes(6) Rye Bread(150) Mustard(55) Sheet Cake(215) Cal:662 Carb:68 Na:1	18	19 Spaghetti & Meatballs(254) Tossed Salad w/Ranch(121) Garlic Bread(210) Mixed Fruit(5) Cal:754 Carb:81 Na:975	20
23	24 Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Cookie(55)/Diet Cookie(55) Cal:644 Carb:78 Na:773	25	26 MLB OPENING DAY/HIGH SODIUM Hot Dog w/Bun*(750) Potato Salad(215) Baked Beans(219) Fresh Fruit(1) Ketchup(82) Mustard(55) Cal:839 Carb:83 Na:1432	27
30	31 Pot Roast w/Gravy (126) Steamed Peas(97) Mashed Potatoes(118) Whole Wheat Bread(150) Fresh Fruit(2) Cal:760 Carb:96 Na:609	Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na). Menu subject to change without notice. Suggested voluntary donation \$3 per meal	Key for Symbols: Na= Sodium *= Sodium Content(>500mg) (mg) = Sodium content of item Cal= Calories Carb= Carbs	If you have a special concern regarding sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.