

For Reservations or Cancellations call by 11:30 a.m. the day before at the site you attend

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Piccata*(518) California Blend Veg(17) Rice Pilaf(218) Italian Bread(230) Reg(70)/Diet Cookies(70) Cal:759 Carb:114 Na:1193	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 Chicken Fajitas*(653) Fajita Blend Vegetables(3) Yellow Rice(192) Sour Cream(9) Flour Tortilla(170) Fresh Fruit(1) Cal:695 Carb:97 Na:1154	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 Mac & Cheese (296) Stewed Tomatoes(205) Whole Wheat Bread (150) Cranberry Juice (3) Mixed Fruit(5) Cal:643 Carb:96 Na:798
9 Jamaican Jerk Style Chicken(489) Collard Greens(135) Coconut Rice(171) Oatnut Bread(150) Fresh Fruit(2) Cal:845 Carb:106 Na:1087	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 Braised Pork w/Apple Gravy(276) Steamed Peas(97) Roasted Red Potatoes(22) Whole Wheat Bread(150) Sheet Cake(223) Cal:958 Carb:121 Na:870	12 BIRTHDAY MEAL Chicken Cordon Bleu*(727) Steamed Broccoli (9) ½ Sweet Potato(43) Wheat Roll(150) Reg(240)/Diet Cupcake(166) Cal:683 Carb:85/74 Na:1239	13 <p style="text-align: center;">NO GSSSI MEAL SERVICE</p>
16 Chicken & Gravy(408) Steamed Peas(58) Mashed Potatoes(26) Whole Wheat Bread(150) Reg(70)/Diet Cookies(70) Cal:582 Carb:75 Na:892	17 ST.PATRICK'S DAY/HIGH SOD. MEAL Corned Beef*(911) Cabbage & Carrots(110) Red Bliss Potatoes(6) Rye Bread(150) Sheet Cake(215) Cal:697 Carb:97 Na:1487	18 Turkey Sloppy Joe(220) Coleslaw(112) Potato Salad(215) Hamburger Bun(230) Fresh Fruit(1) Cal:730 Carb:85 Na:919	19 Spaghetti & Meatballs(254) Tossed Salad w/Ranch(121) Garlic Bread(210) Mixed Fruit(5) Cal:754 Carb:81 Na:975	20 Fish Chowder(421) Green Beans(3) Oyster Crackers(160) Pineapple(1) Cal:582 Carb:76 Na:725
23 Chicken Pot Pie(269) Collard Greens(135) Biscuit Topping(188) Mixed Fruit(5) Cal:588 Carb:58 Na:737	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 Coconut Curry Meatballs(451) Cucumber Mint Salad(76) White Rice(4) Multigrain Bread(200) Pear Crisp(47) Cal:887 Carb:100 Na:893	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 SOUP & SANDWICH DAY Deviled Egg Salad(357) Lettuce/Tomato(5) Creamy Tomato Soup(204) Wheat Hamburger Bun(227) Mandarin Oranges(7) Cal:745 Carb:65 Na:940
30 Mediterranean Style Turkey*(517) Herbed Cauliflower Couscous(6) Whole Wheat Bread(150) Reg(70)/Diet Cookie(70) Cal:517 Carb:63 Na:840	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.