

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken Piccata*(518) California Blend Veg(17) Rice Pilaf(218) Italian Bread(230) Reg(70)/Diet Cookies(70) Cal:759 Carb:114 Na:1193	<b>3</b>	<b>4</b> 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	<b>5</b>	<b>6</b> Mac & Cheese (296) Stewed Tomatoes(205) Whole Wheat Bread (150) Cranberry Juice (3) Mixed Fruit(5) Cal:643 Carb:96 Na:798
<b>9</b> Jamaican Jerk Style Chicken(489) Collard Greens(135) Coconut Rice(171) Oatnut Bread(150) Fresh Fruit(2) Cal:845 Carb:106 Na:1087	<b>10</b>	<b>11 BIRTHDAY MEAL</b> 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	<b>12</b>	<b>13</b> Eggplant Parmesan*(487) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Chilled Peaches(1) Cal:826 Carb:104 Na:1168
<b>16</b> Chicken & Gravy(408) Steamed Peas(58) Mashed Potatoes(26) Whole Wheat Bread(150) Reg(70)/Diet Cookies(70) Cal:582 Carb:75 Na:892	<b>17</b>	<b>18 ST.PATRICK'S DAY/HIGH SOD.MEAL</b> Corned Beef*(911) Cabbage & Carrots(110) Red Bliss Potatoes(6) Rye Bread(150) Mustard(55) Pistachio Pudding(110)/Topping(12) Cal:552 Carb:68 Na:1495	<b>19</b>	<b>20</b> Fish Chowder(421) Green Beans(3) Oyster Crackers(160) Pineapple(1) Cal:582 Carb:76 Na:725
<b>23</b> Chicken Pot Pie(269) Collard Greens(135) Biscuit Topping(188) Mixed Fruit(5) Cal:588 Carb:58 Na:737	<b>24</b>	<b>25</b> Coconut Curry Meatballs(451) Cucumber Mint Salad(76) White Rice(4) Multigrain Bread(200) Pear Crisp(47) Cal:887 Carb:100 Na:893	<b>26</b>	<b>27 SOUP &amp; SANDWICH DAY</b> Deviled Egg Salad(357) Lettuce/Tomato(5) Creamy Tomato Soup(204) Wheat Hamburger Bun(227) Mandarin Oranges(7) Cal:745 Carb:65 Na:940
<b>30</b> Mediterranean Style Turkey*(517) Herbed Cauliflower Couscous(6) Whole Wheat Bread(150) Reg(70)/Diet Cookie(70) Cal:517 Carb:63 Na:840	<b>31</b>	<b>Total Sodium &amp; Calories include</b> <b>regular dessert, milk(100mg Na)</b> <b>&amp;margarine(15mg Na).</b> <b>Menu subject to change without</b> <b>notice.</b> <b>Suggested voluntary donation</b> <b>\$3 per meal</b>	<b>Key for Symbols:</b> Na= Sodium *= Sodium Content(>500mg) (mg) = Sodium content of item Cal= Calories Carb= Carbs	<b>If you have a special</b> <b>concern regarding</b> <b>sodium, contact the Nutritionist.</b> <b>Call GSSSI 781-8806 X 1136 for</b> <b>more information.</b>