

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 COLD PLATE Turkey & Provolone(439) Lettuce/Tomato(2) Macaroni Salad(294) Wheat Burger Bun(230) Chilled Applesauce(14) Cal:742 Carb:68 Na:1176	3	4 HIGH SODIUM DAY Hot Dog w/Bun*(750) Potato Salad(215) Baked Beans(219) Fresh Fruit(1) Ketchup(82)/Mustard(55) Cal:839 Carb:83 Na:1432	5
8	9 Shrimp Scampi(833)* California Blend Veg(17) Spaghetti Noodles(9) Whole Wheat Bread(150) Chilled Pineapple(1) Cal:592 Carb:73 Na:1151	10	11 Pierogis(440) Sour Cream(9) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(200) Chilled Peaches(6) Cal:611 Carb:99 Na:892	12
15	16 Indian Style Butter Chicken*(518) Steamed Spinach (188) Coconut Rice(171) Wheat Pita Bread(161) Mandarin Oranges(7) Cal:821 Carb:87 Na:1176	17	18 Beef Stroganoff*(547) Brussels Sprouts(15) Egg Noodles(5) Wheat Roll(210) Apple Crisp(65) Cal:918 Carb:100 Na:983	19
22	23 Mac & Cheese (296) Stewed Tomatoes(205) Whole Wheat Bread (150) Cranberry Juice (3) Reg/Diet Cookies(70) Cal:668 Carb:94 Na:863	24 If you have a special concern regarding sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.	25 BRIMFIELD BDAY MEAL BBQ Pulled Pork(365) Coleslaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(227) Pineapple Cake(230) Cal:812 Carb:85 Na:1011	26
29	30 Butter Crumb Fish(296) Dill Carrots(62) Rice Pilaf(217) Whole Wheat Bread(150) Mandarin Oranges(7) Tartar(130) Cal:697 Carb:93 Na:821	Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na). Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg) Carb= Carbs/Carbs w/ Low Carb Dessert	Menu subject to change without notice. Suggested voluntary donation \$3 per meal	