

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Ravioli w/Roasted Red Pepper Sauce(394) Steamed Broccoli(9) Whole Wheat Bread(210) Reg/Diet Cookies(85) Cal:503    Carb:68    Na:708	<b>2 COLD PLATE</b> Turkey & Provolone(439) Lettuce/Tomato(2) Macaroni Salad(294) Wheat Burger Bun(230) Chilled Applesauce(14) Cal:742    Carb:68    Na:1176	<b>3</b> Chicken Piccata*(523) Tossed Salad w/Italian(106) Rice Pilaf(38) Garlic Toast(210) Reg/Diet Cookies(70) Cal:800    Carb:99    Na:1124	<b>4 HIGH SODIUM DAY</b> Hot Dog w/Bun*(750) Potato Salad(215) Baked Beans(219) Fresh Fruit(1) Ketchup(82)/Mustard(55) Cal:839    Carb:83    Na:1432	<b>5</b> Crab Cake*(600) w/tartar(130) Coleslaw(112) Steamed Corn(1) Whole Wheat Bread(150) Mixed Fruit(5) Cal:640    Carb:91    Na:1126
<b>8</b> Cheeseburger(422) Onions & Mushrooms(96) Roasted Red Potatoes(29) Wheat Burger Bun(330)    Ketchup(82) Reg/Diet Jello(53) w/Whip(12) Cal:725    Carb:79/78    Na:1128	<b>9</b> Shrimp Scampi(833)* California Blend Veg(17) Spaghetti Noodles(9) Whole Wheat Bread(150) Chilled Pineapple(1) Cal:592    Carb:73    Na:1151	<b>10</b> Cheese Omelet(290) Turkey Sausage(195) Spiced Applesauce(20) Potatoes O'Brien(29) Maple Chip Pancakes(95) Fresh Fruit(2) Cal:562    Carb:73    Na:743	<b>11</b> Pierogis(440)    Sour Cream(9) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(200) Chilled Peaches(6) Cal:611    Carb:99    Na:892	<b>12 FATHER'S DAY MEAL</b> BBQ Chicken*(494) Potato Salad(215) Steamed Corn(4) Cornbread(180) Fudge Round Cookie(80) Cal:823    Carb:105    Na:1096
<b>15</b> Ham w/Pineapple (426) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Fresh Fruit(1) Cal:555    Carb:105    Na:803	<b>16</b> Indian Style Butter Chicken*(518) Steamed Spinach (188) Coconut Rice(171) Wheat Pita Bread(161) Mandarin Oranges(7) Cal:821    Carb:87    Na:1176	<b>17 COLD PLATE</b> Egg Salad(369) Broccoli Slaw(119) Balsamic Pasta Salad(15) Club Roll(340) Reg(17)/Diet Jello(35)w/Whip(12) Cal:948    Carb:88/86    Na:997	<b>18</b> Beef Stroganoff*(547) Brussels Sprouts(15) Egg Noodles(5) Wheat Roll(210) Apple Crisp(65) Cal:918    Carb:100    Na:983	<b>19</b>  <b>HOLIDAY- NO MEALS</b>
<b>22</b> Shepherd's Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Peach Crisp(5) Whip(12) Cal:808    Carb:98    Na:683	<b>23</b> Mac & Cheese (296) Stewed Tomatoes(205) Whole Wheat Bread (150) Cranberry Juice (3) Reg/Diet Cookies(70) Cal:668    Carb:94    Na:863	<b>24 COLD PLATE</b> Cape Cod Tuna Salad(237) Tossed Salad w/Ranch(119) Pickled Beets(195) Club Roll(340) Applesauce(14) Cal:597    Carb:74    Na:1049	<b>25</b> BBQ Pulled Pork(365) Coleslaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(227) Reg/Diet Jello(53) Whip(12) Cal:828    Carb:99    Na:873	<b>26</b> Rosé Chicken*(531) Parslied Carrots(62) Penne Pasta(22) Whole Wheat Bread(150) Fresh Fruit(1) Cal:527    Carb:74    Na:780
<b>29 BIRTHDAY MEAL</b> Spaghetti & Meatballs*(531) Steamed Broccoli(9) Wheat Roll(210) Reg(240)/Diet Cupcake(166) Cal:731    Carb:96/84    Na:1115	<b>30</b> 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	<b>Total Sodium &amp; Calories include</b> <b>regular dessert, milk(100mg Na)</b> <b>&amp;margarine(15mg Na).</b> <b>Key for Symbols:</b> Na= Sodium    *Sodium content(>500mg) Cal= Calories    Sodium (mg) Carb= Carbs/Carbs w/ Low Carb Dessert	<b>Menu subject to change without notice.</b> <b>Suggested voluntary donation \$3 per meal</b>	<b>If you have a special concern regarding sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.</b>