

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Ravioli w/Roasted Red Pepper Sauce(394) Steamed Broccoli(9) Whole Wheat Bread(210) Reg/Diet Cookies(85) Cal:503 Carb:68 Na:708	2	3 Chicken Piccata*(523) Tossed Salad w/Italian(106) Rice Pilaf(38) Garlic Toast(210) Reg/Diet Cookies(70) Cal:800 Carb:99 Na:1124	4	5 Crab Cake*(600) w/tartar(130) Coleslaw(112) Steamed Corn(1) Whole Wheat Bread(150) Mixed Fruit(5) Cal:640 Carb:91 Na:1126
8 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	9	10 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	11	12 FATHER'S DAY/HIGH SODIUM BBQ Chicken*(494) Potato Salad(215) Steamed Corn(4) Cornbread(180) Sheet Cake(215) Cal: 854 Carb: 111 Na:1231
15 Ham w/Pineapple (426) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Fresh Fruit(1) Cal:555 Carb:105 Na:803	16	17 COLD PLATE 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	18	19 HOLIDAY- NO MEALS
22 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	23	24 COLD PLATE Cape Cod Tuna Salad(237) Tossed Salad w/Ranch(119) Pickled Beets(195) Club Roll(340) Applesauce(14) Cal:597 Carb:74 Na:1049	25	26 Rosé Chicken*(531) Parslied Carrots(62) Penne Pasta(22) Whole Wheat Bread(150) Fresh Fruit(1) Cal:527 Carb:74 Na:780
29 BIRTHDAY MEAL Spaghetti & Meatballs*(531) Steamed Broccoli(9) Wheat Roll(210) Pineapple Cake(230) Cal:748 Carb:103 Na:1104	30	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	If you have a special concern regarding sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.