

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Total Sodium &amp; Calories include regular dessert, milk(125mg Na) &amp; margarine(15mg Na).</b></p> <p><b>Suggested voluntary donation \$3/meal</b>  <b>Menu subject to change without notice.</b></p>	<p><b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X1136 for more information.</b></p> <p><b>Key for Symbols:</b> Carb= Carbohydrate                      Na= Sodium *Sodium content(&gt;500mg)                      Cal= Calories Sodium (mg)</p>	<p><b>1 COLD PLATE</b>                      Turkey(358) &amp; Provolone(174)                      Celery Salad(75) Mayo (100)                      Macaroni Salad(294)                      Flour Tortilla(170)                      Chilled Pineapple(1)</p> <p>Cal: 752 Carb:72 Na:1314</p>	<p><b>2</b>                      Jamaican Jerk Style Chicken(489)                      Collard Greens(135)                      Coconut Rice(171)                      Oatnut Bread(150)                      Reg(17)/Diet Jello(0) Whip(12)</p> <p>Cal:795 Carb:85 Na:1115</p>	<p><b>3 HIGH SODIUM DAY</b>                      Hot Dog w/Bun*(750)                      Potato Salad(215)                      Baked Beans(219)                      Fresh Fruit(1)                      Ketchup(82)/Mustard(55)</p> <p>Cal:839 Carb:83 Na:1432</p>
<p><b>6</b></p> <p><b>HOLIDAY- NO MEALS</b></p>	<p><b>7</b>                      Chicken Cordon Bleu*(684)                      Parslied Carrots(62)                      Rice Pilaf(127)                      Whole What Bread(150)                      Chilled Pineapple(1)</p> <p>Cal:695 Carb:90 Na:1149</p>	<p><b>8 COLD PLATE</b>                      Chef Salad w/Ham &amp; Turkey*(532)                      Bowtie Pasta Salad(64)                      Whole Wheat Bread(150)                      Reg(17)/Diet Jello(0) w/Whip(12)                      Ranch Dressing(110)</p> <p>Cal:672 Carb:57 Na:1025</p>	<p><b>9</b>                      Meatloaf w/Gravy(304)                      Steamed Peas(97)                      Mashed Potatoes(232)                      Whole Wheat Bread(150)                      Applesauce(14)</p> <p>Cal:607 Carb:73 Na:876</p>	<p><b>10</b>                      Chicken Pesto Alfredo *(325)                      Tossed Salad w/Italian(119)                      Garlic Bread(210)                      Reg/Diet Cookies(85)</p> <p>Cal:901 Carb:67 Na:873</p>
<p><b>13 COLD PLATE</b>                      Egg Salad(369)                      Broccoli Slaw(119)                      Three Bean Salad(119)                      Club Roll(340)                      Reg(17)/Diet Jello(0)w/Whip(12)</p> <p>Cal:1019 Carb:78/75 Na:1101</p>	<p><b>14</b>                      Lemon Chicken(305)                      Steamed Asparagus(3)                      Roasted Red Potatoes(22)                      Multigrain Bread(200)                      Reg/Diet Cookies(70)</p> <p>Cal:6285 Carb:113/92 Na:1072</p>	<p><b>15</b>                      Mediterranean Turkey(436)                      Marinated Cucumber Salad(46)                      Couscous(8)                      Oatnut Bread(150)                      Blueberry Crisp(56)</p> <p>Cal:793 Carb:112 Na:836</p>	<p><b>16</b>                      Potato Pollock Filet(270)                      Coleslaw(122)                      Steamed Corn(1) Tartar(130)                      Whole Wheat Bread(150)                      Fresh Fruit(1)</p> <p>Cal:707 Carb:91 Na:805</p>	<p><b>17 HIGH SODIUM DAY</b>                      BBQ Pulled Pork(365)                      Potato Salad(215)                      Baked Beans(291)                      Wheat Burger Bun(227)                      Applesauce(14)</p> <p>Cal:799 Carb:80 Na:1252</p>
<p><b>20</b>                      White Bean Turkey Chili(335)                      Parslied Carrots(62)                      Baked Potato(9)                      Cornbread Muffin(180)                      Reg(85)/Diet Cookie(85)</p> <p>Cal:793 Carb:119 Na:811</p>	<p><b>21 COLD PLATE</b>                      Cape Cod Tuna Salad(237)                      Tossed Salad w/Ranch(119)                      Pickled Beets(195)                      Wheat Hamburger Bun(227)                      Applesauce(14)</p> <p>Cal:574 Carb:71 Na:936</p>	<p><b>22 BIRTHDAY MEAL</b>                      Spaghetti &amp; Meatballs*(531)                      Steamed Broccoli(9)                      Wheat Roll(210)                      Reg(240)/Diet Cupcake(166)</p> <p>Cal:770 Carb:98/86 Na:1096</p>	<p><b>23</b>                      Pot Roast w/Gravy(116)                      Spinach(188)                      Mashed Potatoes(232)                      Whole Wheat Bread(150)                      Fresh Fruit(2)</p> <p>Cal:715 Carb:91 Na:736</p>	<p><b>24</b>                      Bruschetta Chicken*(273)                      Tossed Salad w/Italian(106)                      Garlic Toast(210)                      Chilled Pineapple(1)</p> <p>Cal:682 Carb:61 Na:716</p>
<p><b>27 COLD PLATE</b>                      Ham &amp; Swiss (336)                      Carrot Raisin Salad(179)                      English Pea Salad(183)                      Wheat Burger Bun(227)                      Fresh Fruit(0) Mustard(55)</p> <p>Cal:799 Carb:85 Na:1121</p>	<p><b>28</b>                      Turkey w/Gravy*(549)                      Green Beans(5)                      Mashed Potatoes(26)                      Whole Wheat Bread(150)                      Reg(17)/Diet Jello(0)w/Whip(12)</p> <p>Cal:599 Carb:66/64 Na: 1105</p>	<p><b>29</b>                      Beef Taco Bowl(156)                      Tossed Salad(12) w/Ranch(110)                      Yellow Rice(192)                      Tortilla Chips(46)                      Applesauce(14)</p> <p>Cal:576 Carb:47 Na:671</p>	<p><b>30</b>                      Chicken Marsala*(523)                      Steamed Broccoli(9)                      Penne Pasta(1)                      Italian Bread(150)                      Reg/Diet Cookies(85)</p> <p>Cal:592 Carb:80 Na:959</p>	<p><b>31</b>                      Crab Cake*(600) w/tartar(130)                      Coleslaw(112)                      Steamed Corn(1)                      Whole Wheat Bread(150)                      Mixed Fruit(5)</p> <p>Cal:665 Carb:93 Na:1139</p>



**GREATER SPRINGFIELD  
SENIOR SERVICES, INC.**  
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As the weather gets warmer, and we are spending more time outside, we are putting ourselves at risk of heat stress. It can occur as either heat stroke, or the more mild heat exhaustion. Heat stroke can cause death or permanent disability if not treated immediately, so it is important to know the signs and symptoms.

sources: Sacramento County Public Health Department, Caregiver.com

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"><li>• Get to a cooler, air conditioned place</li><li>• Drink water if fully conscious</li><li>• Take a cool shower or use cold compresses</li></ul>		<b>CALL 9-1-1</b> <ul style="list-style-type: none"><li>• Take immediate action to cool the person until help arrives</li></ul>

- Heat Stroke occurs when the body becomes unable to control its temperature. Body temperature rises rapidly, and the body is unable to sweat to cool itself down.
- Heat exhaustion is milder and can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.