

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 Chicken w/Dijon Sauce Steamed Broccoli Rice Pilaf LS Wheat Bread Fresh Fruit	Cal:308 Fat:5 Na:172 Chol:70 Carb:33	3 Swedish Meatballs Parslied Carrots Over Egg Noodles LS Wheat Bread Diet Cookies	Cal: 464 Fat: 19 Na:354 Chol:99 Carb:50	4 Turkey Taco Plate Tossed Salad w/Ranch Yellow Rice Sour Cream Tortilla Chips Chilled Pineapple	Cal:423 Fat:17 Na:484 Chol:105 Carb:37	5 Honey Ginger Shrimp Oriental Blend Veg White Rice LS Wheat Bread Mandarin Oranges	Cal:304 Fat:10 Na:455 Chol:53 Carb:34	6 Chicken Parmesan Tossed Salad w/Italian Parslied Penne LS Wheat Bread SF Jello w/Topping	Cal:423 Fat:17 Na:484 Chol:67 Carb:30
9 HOLIDAY- NO MEALS		10 Roasted Red Pepper Pasta With chicken Steamed Broccoli LS Wheat Bread Mixed Fruit	Cal:460 Fat:16 Na:313 Chol:66 Carb:49	11 BIRTHDAY MEAL Roast Turkey w/Gravy Green Beans Whipped Sweet Potatoes Cranberry Stuffing Diet Cake	Cal:336 Fat:7 Na:500 K+:544 Carb:42	12 LS Turkey Dog Sautéed Cabbage Macaroni Salad LS Wheat Bread Fresh Fruit	Cal:540 Fat:29 Na:461 Chol:63 Carb:53	13 "Lazy" Stuffed Cabbage Peas & Onions LS Wheat Bread Sugar Free Jello w/Topping	Cal: 333 Fat: 14 Na:177 Chol:73 Carb:25
16 Sausage Patty w/SF Syrup Scrambled Eggs Spiced Apples LS Wheat Bread Fresh Fruit	Cal: 338 Fat:14 Na:573 Chol:62 Carb:15	17 Turkey Burger w/Swiss Onions & Mushrooms Steamed Corn LS Wheat Bread Mandarin Oranges Ketchup Pkt	Cal: 432 Fat:22 Na:536 Chol:110 Carb:33	18 Pork & Gravy Steamed Spinach White Rice LS Wheat Bread Diet Cookies	Cal:406 Fat:18 Na:273 Chol:77 Carb:28	19 Shrimp Scampi Steamed Broccoli Spaghetti Noodles LS Wheat Bread Sugar Free Jello w/Toppig	Cal:425 Fat:16 Na:548 Chol:110 Carb:41	20 Chicken Pot Pie Steamed Green Beans Biscuit Topping Pear Crisp	Cal:316 Fat:11 Na:470 Chol:69 Carb:24
23 Mediterranean Chicken California Blend Veg Penne Noodles LS Wheat Bread Mandarin Oranges	Cal:519 Fat:17 Na:88 Chol:68 Carb:58	24 LS Ham w/Pineapple Herbed Green Beans White Rice LS Wheat Bread Diet Cookies	Cal:340 Fat:6 Na:433 Chol:46 Carb:54	25 Butter Crumb Fish Coleslaw Steamed Corn LS Wheat Bread Fresh Fruit	Cal:314 Fat:11 Na:63 Chol:52 Carb:36	26 Honey Ginger Meatballs Oriental Blend Veg White Rice LS Wheat Bread Diet Cookies	Cal:373 Fat:18 Na:237 Chol:41 Carb:38	27 Shepherd's Pie Steamed Peas LS Wheat Bread Spiced Peaches	Cal: 382 Fat:14 Na:267 Chol:70 Carb:37
30 Mac & Chz Brussels SFatuts LS Wheat Bread Diet Cookies	Cal: 304 Fat:14 Na:296 Chol:33 Carb:29	31 HALLOWEEN MEAL Beef Stew White Rice LS Wheat Bread Diet Jello w/Topping	Cal:481 Fat:17 Na:163 Chol:88 Carb:48	For more Information about menu nutrients call GSSSI Dietitian at 413-781-8806 x1136		Key: Cal= Calories Fat= gm Fat Na= mg Sodium Chol = mg Cholesterol Carb= gm Carbohydrates		Total nutrient analysis includes entrée ONLY. Excludes milk, bread, and Dessert.	