

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>Suggested voluntary \$2.00 per meal.</b></p> <p><b>Menu subject to change With out notice.</b></p>		<p>For more information about menu nutrients, call GSSSI Registered Dietitian at 413-781-8806 X 1136</p>		<p><b>Key:</b>                      Cal= Calories                      Pro= gm Protein                      Na= mg Sodium                      K+= mg Potassium                      Phos= mg Phosphorous</p>		<p>Nutrient analysis includes Bread, margarine &amp; juice</p>		<p><b>1</b>                      Penne &amp; Meatballs Cal:754                      Tossed Salad w/Italian Pro:26                      LS Wheat Bread Na:636                      Fresh Fruit K+:911                      Phos:256</p>	
<p><b>4</b></p> <p>LS Turkey Dog Cal:636                      Sautéed Cabbage Pro:19                      Macaroni Salad Na:480                      LS Wheat Bread K+:893                      Fresh Fruit Phos:101</p>		<p><b>5</b></p> <p>“Lazy” Stuffed Cabbage Cal: 585                      Peas &amp; Onions Pro: 33                      LS Wheat Bread Na: 323                      Sugar Free Jello w/Topping K+: 789                      Phos:274</p>		<p><b>6</b></p> <p>Pork &amp; Gravy Cal:620                      Steamed Spinach Pro:36                      White Rice Na:423                      LS Wheat Bread K+:507                      Chilled Applesauce Phos:261</p>		<p><b>7</b></p> <p>Sundried Tomato Pasta Cal:758                      With chicken Pro:40                      Steamed Broccoli Na:377                      LS Wheat Bread K+:806                      Applesauce Phos:310</p>		<p><b>8</b></p> <p>Honey Ginger Meatballs Cal:617                      Oriental Blend Veg Pro:23                      White Rice Na:442                      LS Wheat Bread K+:657                      Diet Cookies Phos:69</p>	
<p><b>11</b></p> <p>Turkey Bacon Cal: 506                      Scrambled Eggs Pro:24                      Spiced Apples Na:463                      LS Wheat Bread K+:697                      Fresh Fruit Phos:155</p>		<p><b>12</b></p> <p>Chicken Pot Pie Cal:507                      California Blend Veg Pro:34                      Biscuit Topping Na:550                      Peach Crisp K+:396                      Phos:95</p>		<p><b>13</b></p> <p>Turkey Burger w/Swiss Cal: 616                      Onions &amp; Mushrooms Pro:36                      Steamed Corn Na:516                      LS Wheat Bread K+:627                      Mandarin Oranges Phos:213</p>		<p><b>14 BIRTHDAY MEAL</b></p> <p>Broccoli Cheddar Chicken Cal:626                      Steamed Cauliflower Pro:27                      Rice Pilaf Na:656                      LS Wheat Bread K+:661                      Diet Cupcake Phos:71</p>		<p><b>15</b></p> <p>Shrimp Scampi Cal:624                      Brussels Sprouts Pro:31                      Spaghetti Noodles Na:653                      LS Wheat Bread K+:478                      SF Jello w/Topping Phos:110</p>	
<p><b>18</b></p> <p>Chicken w/Country Gravy Cal:624                      Asparagus Spears Pro:38                      Parslied Penne Na:523                      LS Wheat Bread K+:749                      Mandarin Oranges Phos:257</p>		<p><b>19</b></p> <p>LS Ham w/Pineapple Cal:554                      Herbed Green Beans Pro:24                      White Rice Na:583                      LS Wheat Bread K+:671                      Fresh Fruit Phos:69</p>		<p><b>20</b></p> <p>Lemon Chicken Cal:595                      Parslied Carrots Pro:29                      Rice Pilaf Na:340                      LS Wheat Bread K+:582                      Chilled Pineapple Phos:58</p>		<p><b>21</b></p> <p>Beef Stroganoff Cal:753                      Steamed Broccoli Pro:42                      Egg Noodles Na:406                      LS Wheat Bread K+:530                      Diet Jello w/Topping Phos:314</p>		<p><b>22 WINTER HOLIDAY MEAL</b></p> <p>Roast Turkey w/Gravy Cal:612                      Wax Beans Pro:25                      Whipped Sweet Potatoes Na:860                      Cranberry Stuffing K+:607                      Diet Red Velvet Cake Phos:72</p>	
<p><b>25</b></p> <p><b>HOLIDAY - NO MEALS</b></p>		<p><b>26</b></p> <p>Mac &amp; Chz Cal:510                      Broccoli Pro:21                      LS Wheat Bread Na:443                      Diet Cookies K+:403                      Phos:302</p>		<p><b>27</b></p> <p>BBQ Pulled Pork Cal:615                      Steamed Spinach Pro:29                      White Rice Na:509                      LS Wheat Bread K+:620                      Diet Cookies Phos:222</p>		<p><b>28</b></p> <p>Potato Pollock Filet Cal: 615                      Tossed Salad w/Ranch Pro:20                      Steamed Corn Na:594                      LS Wheat Bread Tartar pkt K+:732                      Chilled Peaches Phos:63</p>		<p><b>29</b></p> <p>Chicken Fajitas Cal:486                      Onions &amp; Peppers Pro:29                      Yellow Rice Na:568                      Flour Tortilla K+:685                      Fresh Fruit Sour Cream Phos:237</p>	