

MONDAY		TUESDAY		WEDNESDAY			THURSDAY		FRIDAY	
<p>Suggested voluntary \$2.00 per meal.</p> <p>Menu subject to change With out notice.</p>		<p>For more information about menu nutrients, call GSSSI Registered Dietitian at 413-781-8806 X 1136</p>		<p>Key: Cal= Calories Pro= gm Protein Na= mg Sodium K+= mg Potassium Phos= mg Phosphorous</p>			<p>Nutrient analysis includes Bread, margarine & juice</p>		<p>1 Chicken Pot Pie Cal:502 California Blend Veg Pro:33 Biscuit Topping Na:564 Pear Crisp K+:338 Phos:79</p>	
<p>4 Roasted Red Pepper Pasta Cal:758 With chicken Pro:40 Steamed Broccoli Na:377 LS Wheat Bread K+:807 Applesauce Phos:310</p>		<p>5 Honey Ginger Meatballs Cal:623 Pacific Blend Veg Pro:22 White Rice Na:467 LS Wheat Bread K+:631 Diet Cookies Phos:184</p>		<p>6 Chicken Fajitas Cal:507 Onions & Peppers Pro:22 Yellow Rice Na:703 Flour Tortilla K+:439 Fresh Fruit Sour Cream Phos:113</p>			<p>7 LS Turkey Dog Cal:715 Sautéed Cabbage Pro:21 Macaroni Salad Na:498 LS Wheat Bread K+:847 Mixed Fruit Phos:145</p>		<p>8 Beef Stew Cal:808 With Carrots and Peas Pro:45 Egg Noodles Na:332 LS Wheat Bread K+:992 Diet Jello w/Topping Phos:481</p>	
<p>11 HOLIDAY- NO MEALS</p>		<p>12 Pork & Gravy Cal:621 Steamed Spinach Pro:36 White Rice Na:451 LS Wheat Bread K+:506 Diet Cookies Phos:261</p>		<p>13 Turkey Burger w/Swiss Cal:597 Onions & Mushrooms Pro:35 Steamed Corn Na:516 LS Wheat Bread K+:837 Mandarin Oranges Phos:213</p>			<p>14 Chicken Parmesan Cal:555 Tossed Salad w/Italian Pro:33 Parslied Penne Na:498 LS Wheat Bread K+:720 Diet Jello w/Topping Phos:226</p>		<p>15 Sausage Patty w/SF Syrup Cal: 577 Scrambled Eggs Pro:26 Spiced Apples Na:698 LS Wheat Bread K+:659 Fresh Fruit Phos:124</p>	
<p>18 “Lazy” Stuffed Cabbage Cal: 537 Peas & Onions Pro:32 LS Wheat Bread Na:266 Diet Jello w/Topping K+:782 Phos:246</p>		<p>19 LS Ham w/Pineapple Cal:555 Herbed Green Beans Pro:24 White Rice Na:560 LS Wheat Bread K+:671 Fresh Fruit Phos:69</p>		<p>20 THANKSGIVING MEAL Roast Turkey w/Gravy Cal:576 Steamed Peas Pro:27 Whipped Sweet Potatoes Na:763 Cranberry Stuffing K+:535 Pumpkin Cheesecake Bar Phos:256</p>			<p>21 Potato Pollock Cal:552 Coleslaw Pro:19 Steamed Corn Na:517 LS Wheat Bread K+:873 Chilled Peaches Phos:113</p>		<p>22 Chicken Marsala Cal:554 Tossed Salad w/Italian Pro:33 Penne Noodles Na:230 LS Wheat Bread K+:550 Mixed Fruit Phos:252</p>	
<p>25 Mac & Chz Cal: 508 Brussels Sprouts Pro:22 LS Wheat Bread Na:441 Diet Jello w/Topping K+: 516 Phos:307</p>		<p>26 Shepherd’s Pie Cal:598 Steamed Peas Pro:35 LS Wheat Bread Na: 372 Spiced Peaches K+: 760 Phos:210</p>		<p>27 BIRTHDA MEAL BBQ Pulled Pork Cal:650 Broccoli Slaw Pro:30 White Rice Na:605 LS Wheat Bread K+:669 Diet Cupcake Phos:222</p>			<p>28 HOLIDAY- NO MEALS</p>		<p>29 Butter Crumb Fish Cal:592 Green Beans Tartar Sauce Pro:27 Lemon Rice Na:607 LS Wheat Bread K+:735 Mandarin Oranges Phos:350</p>	