

GLSS February Congregate Menu 2026

Monday			Tuesday			Wednesday			Thursday			Friday		
2 Chicken & pork Sausage Gumbo/ (590)* Rice(5) Biscuit (280) Fruit(5)			3 Pot Roast & Gravy (455) Carrots (45) Mshd Potato (110) WW Bread (165) Cookie (60)			4 Honey Garlic Chicken Meatballs (215) Noodles(5) Broccoli (10) Dinner Roll (240) Fruit (5)			5 Turkey & Sweet Potato Chili (215) Green Beans (5) Cornbread (180) Fruit (5)			6 Egg Bake(290) Potatoes (5) Beets (140) WW Bread (165) Yogurt (75) Juice (5)		
Cal 665	Pro 30	Na 1010	Cal 610	Pro 35	Na 965	Cal 710	Pro 35	Na 595	Cal 750	Pro 35	Na 685	Cal 680	Pro 25	Na 765
9 Chicken Pot Pie*(650) Mshd Potato(110) Biscuit (280) Fruit (5)			10 Sloppy Joe (310) Sweet potato tots (270) Corn(5) WW Bun (250) Fruit (5)			11 Beef/pork Hot dog**(540) Bked Beans (370) Pears (10) Coleslaw (15) Bun(270)			12 Breaded Fish (290) Couscous (5) Capri Veg (15) MG Bread (150) Pudding (190)			13 Eggplant Parmesan & Pasta**(1050) Veg Blend (30) LS Bread (0) Cupcake (175)		
Cal 655	Pro 30	Na 1175	Cal 750	Pro 30	Na 850	Cal 840	Pro 30	Na 1475	Cal 705	Pro 30	Na 785	Cal 865	Pro 25	Na 1400
16 No Meals Served President's Day			17 Beef Burgundy & Carrots (395) Noodles (5) MG Bread (150) Pineapple (5)			18 Cold: Egg Salad (170) Potato Chips (80) Garden Salad (35) Roll (320) Fruit (5)			19 Chicken Dumplings*(620) Fried Rice (160) Veg Blend (15) Orange Cake(265) LS Bread (0)			20 Stuffed Shells & Marinara (410) Cauliflower (15) Oat Bread (150) Gelatin (110)		
			Cal 655	Pro 40	Na 680	Cal 640	Pro 30	Na 735	Cal 760	Pro 115	Na 1200	Cal 590	Pro 30	Na 920
23 Beef & (385) Vegetable Stew Mshd Potato(110) Biscuit (280) Fruit (5)			24 BBQ Pulled Pork*(510) Sweet Potato (25) B.Sprouts (15) Burger Bun (250) Applesauce (20)			25 Sweet & Sour Chicken (460) Rice (5) Broccoli (5) Dinner Roll (240) Pudding (170)			26 Turkey & gravy*(765) Msd Potato (110) G.Beans (5) LS Bread (0) Cupcake (175)			27 Tuscan Fish (360) Carrots (45) Risotto (110) MG Bread (150) Fruit (5)		
Cal 755	Pro 35	Na 905	Cal 755	Pro 40	Na 950	Cal 740	Pro 35	Na 1015	Cal 550	Pro 35	Na 1185	Cal 1015	Pro 35	Na 790

Totals include entrée, sides, dessert, fruit, bread, milk & margarine.

Cal = Calories, Pro = Protein, Na = Sodium (also in parentheses).

*=High sodium item(>500mg) ** = High sodium meal(>12000mg)

Menu Subject to Change Without Notice

GLSS NUTRITION

781-586-8687



FINDING BALANCE

HEALTHY FATS FOR A HEALTHY HEART

Dietary fats are essential for our bodies. They provide energy, support cell function, and absorb other critical nutrients. Choosing the right types of fats helps protect your heart and supports long-term wellness.

While all fats have the same number of calories, they have different effects on the body. There are four major types of dietary fats:

Polyunsaturated fats

- **Omega-3** – Found in flaxseed, chia seeds, walnuts, fatty fish, oils such as canola & soybean.
- **Omega-6** – Found in vegetable oils (corn oil, cottonseed oil, peanut oil), nuts, and seeds.

Monounsaturated fats

- **Omega-9** – Found in safflower, canola, and sunflower oils, avocados, and nuts.

Saturated fats

- Found in animal fats (butter, lard), coconut oil (high in sat. fats), and palm oil.
- Can raise LDL (“bad”) cholesterol when eaten in excess.
- Coconut Oil – best to use in moderation.

Trans fats

- Best to avoid entirely.
- Found in some processed or fried foods.
- Increase LDL (“bad”) and lower HDL (“good”) cholesterol.

Balancing Omega Fats

Both Omega-3 and Omega-6 fats are essential – our bodies can’t make them, so we must get them from food. Omega-6 fats sometimes get a bad reputation, but normal amounts don’t cause inflammation. Most people get plenty of Omega-6 and too little Omega-3.

For a healthy heart, add more Omega-3 foods like salmon, tuna, walnuts, chia seeds, and flaxseed. Focus on adding, not cutting back.

What’s the Story Behind Seed Oils?

Seed oils such as canola, sunflower, and soybean are often misunderstood. When used instead of butter or coconut oil, they are a heart-healthy choice. They provide Omega-6 fats your body needs for energy and growth. Use seed oils in cooking just as you would other healthy oils—they are safe, practical, and nutritious.