

GLSS February Cardiac Menu 2026

Monday			Tuesday			Wednesday			Thursday			Friday		
2 Chicken & pork sausage Gumbo (520) Rice(5) Oat Bread (150) Chilled fruit(5)			3 Pot Roast & Gravy (400) Carrots (45) Mshd Potato (109) WW Bread (165) Lorna Doones(100)			4 Honey Garlic Chicken Meatballs (215) Noodles (5) Broccoli (10) Dinner Roll (120)			5 Turkey & Sweet Potato Chili (215) Green Beans (5) MG Bread (150) Chilled fruit(5)			6 Egg Bake(290) Potatoes (5) Beets (140) WW Bread (165) Juice (5) Yogurt(75)		
Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na
540	30	800	510	35	800	540	35	475	475	35	500	590	25	690
9 Chicken Pot Pie (600) Mshd Potato(109) LS Bread (0) Chilled fruit(5)			10 Sloppy Joe (310) Cauliflower (15) Corn (5) Fruit(5) WW Bun (250)			11 Garlic & Herb Pork (310) Brown Rice (5) Pears (10) Dinner Roll (120)			12 Breaded Fish (290) Couscous (5) Capri Veg (15) MG Bread (150)			13 Lasagna & Marinara (550) Veg Blend (30) LS Bread (0) Graham crax(65)		
Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na
500	30	800	610	30	710	635	30	575	555	30	595	490	25	800
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 Garlic Ginger Chicken (450) Fried Rice (160) Veg Blend (15) Dinner Roll(120)			20 Stuffed Shells & Marinara (400) Cauliflower (15) Oat Bread (150) Yogurt(75)		
			Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na
			570	40	670	550	30	735	530	36	875	490	30	800
23 Beef & (385) Vegetable Stew Mshd Potato(109) Vienna Bread (180) Chilled fruit(5)			24 Pork & Gravy (300) Sweet Potato (25) B.Sprouts (15) Oat Bread Applesauce (20)			25 Sweet & Sour Chicken (460) Rice (5) Broccoli (10) WW Bread (165) Yogurt(75)			26 Turkey Burger (440) Msd Potato (109) Green Beans (5) Dinner Roll(120) Graham crax(65)			27 Tuscan Fish (360) Carrots (45) Risotto (110) MG Bread (150) Chilled fruit(5)		
Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na
615	35	800	600	40	620	540	35	770	470	35	800	790	35	790

Totals include entrée, sides, bread, beverage & margarine.

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

Menu Subject to Change Without Notice

To Cancel Meals Please Call 781-586-8692

A \$2.00 confidential donation is suggested per meal.



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.