

GLSS Cardiac August Menu 2026

Monday				Tuesday			Wednesday			Thursday			Friday		
3 Cheese Ravioli & Lemon Herb Sauce (330) Broccoli (20) Oat Bread (150) Fresh fruit(5)				4 Bourbon Chicken (500) Quinoa (5) Green Beans (5) MG Bread (150) Mandarins(10)			5 Cold: Egg Salad (465) Potato Salad(100) Garden Salad(35) Pita Bread (160) Yogurt(75) Juice			6 Beef & Bean Chili (365) Brown Rice (25) Lorna Doones(100) No Bread			7 Breaded Fish/lemon (330) Sweet Potato (25) Cauliflower (15) WW Roll (120) Applesauce(15)		
Cal	Pro	Na		Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na
765	30	665		500	40	800	755	25	765	535	35	550	530	35	650
10 Butter Chicken (480) Rice and Peas (65) WW Roll (120) Mandarins(10)				11 Rosemary Pork (75) Sweet Potato (55) Cinnamon apples (10) Scali bread (150)			12 Sweet & Sour Meatballs (290) Lo Mein (135) Mixed veg/ Mushrooms(25) Oat Bread (150)			13 Cold: Orzo chicken salad (380)Bread(150) Marinated green Beans(25) Graham crax(65)			14 Ground Beef/ noodles/peas/ carrots(95) Cauliflower (15) MG Bread (150) Pineapple whip(5)		
Cal	Pro	Na		Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na
1085	40	800		670	40	450	475	35	600	555	45	800	580	40	420
17 Turkey Burger (550) Mshed Potato (25) Carrots (65) LS Bread (0) Applesauce(15)				18 Omelet (310) Turkey Sausage (280) Rsted Potato (5) Capri Veg (15) WW Roll (120)			19 Cold: Chicken Salad (340) Corn Salad (100) Tomato & Cucumbers (140) Pita Bread (160)			20 Pork, Peppers & Onions (235) Blueberries (5) Roast Potato(5) Salad(35) Scali Bread (150)			21 Pot roast(200) Beets (140) Butternut Squash(15) MG bread(150) Yogurt(75)		
Cal	Pro	Na		Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na
545	30	800		635	35	800	500	30	800	600	35	550	440	40	665
24 Steak Diane & Mushrooms (195) Mshed Potato (25) Capri Veg (15) WW Bread (165) Yogurt(75)				25 Garlic & (65) Lemon Fish Swt Potato (55) Veg Blend (35) MG Bread (150) Graham crax(65)			26 Chicken/tomato cream sce(500) Couscous (5) Green Beans (5) Oat Bread (150) Pineapple(5)			27 Cold: Ham & Cheese (440) Bean Salad (200) Garden Salad(35) LS Bread (0) Fresh fruit(5)			28 Ground Turkey (655) Rice (5) Broccoli (15) LS WW Bread (0) Chilled fruit(5)		
Cal	Pro	Na		Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na
690	30	560		570	35	460	690	35	800	500	25	800	550	45	800
31 Hawaiian (455) Chicken & Peppers Rice & Beans (75) WW Roll (120) Chilled fruit(5)				Total Calories, Protein and Sodium include: Entrée, sides, bread, milk & margarine. Sodium (Na): Milligrams in parenthesis. A \$2.00 confidential donation is suggested per meal. Please call 781-586-8692 if you need to cancel your meal.											
Cal	Pro	Na													
550	35	800													

Menu Subject to Change Without Notice



ON-THE-GO NUTRITION

BALANCED EATING FOR A HECTIC SCHEDULE

Eat well on the go to keep your energy and focus steady. Skipping meals or choosing less nutritious options can leave you feeling tired. A little planning helps you stay energized and support your health.

Build Balanced Meals – Include protein, fiber-rich carbs, and healthy fats to stay full, energized, and satisfied.

Prioritize Whole Foods – Choose fruits, vegetables, whole grains, lean proteins, nuts, and seeds.

Watch Portions & Extras – Restaurant portions can be large and extras add calories. Choose smaller portions, save half, and ask for sauces on the side.

Plan Ahead – Keep snacks ready, carry a water bottle, and pack simple options like:

- Salads or grain bowls with protein
- Wraps or sandwiches with lean protein and veggies
- Hard-boiled eggs with whole grain crackers
- Fruit and veggies with hummus or nut butter
- Snack boxes with cheese, nuts, fruit, and crackers
- Overnight oats
- Trail mix



Smart Grab-and-Go Options

Convenience Stores/Gas Stations

- Protein boxes
- Greek yogurt cups
- String cheese
- Fruit, nuts, whole grain bars
- Trail mix
- Tuna packets
- Fresh fruit cups
- Water or flavored seltzer

Coffee Shops

- Oatmeal
- Egg bites or breakfast sandwiches on whole grain bread
- Spinach & egg wrap
- Avoid sugary specialty drinks—choose unsweetened or lightly sweetened instead
- Ask for unsweetened milk
- Try adding cinnamon instead of sugar

Vending Machines

- Nuts & seed packets
- Low-sugar protein bars
- Popcorn
- Whole grain crackers or pretzels
- Baked chips
- Turkey jerky
- Dried fruit
- Low-fat milk
- 100% Fruit juice

Sources: diabetes.org, eatright.org

ELIOR NORTH AMERICA