

GLSS Cardiac September Menu 2026

Monday				Tuesday			Wednesday			Thursday			Friday		
Menu Subject to Change Without Notice				1 Beef/turkey Meatloaf(210) Mashed Potato(25) Carrots (45) MG Bread (150)			2 Cold: Chicken Salad(340) Pita(160) Couscous (5) Yogurt(75)			3 Pulled pork(510) Sweet potato(55) Cauliflower (15) Oat Bread (150) Lorna doones(100)			4 Veggie Burger (320) Green Beans (5) Corn (5) WW Bun (250)		
				Cal 585	Pro 40	Na 590	Cal 470	Pro 40	Na 670	Cal 600	Pro 40	Na 860	Cal 450	Pro 30	Na 705
7 Holiday No Meals				8 Lasagna & Marinara (390) Capri Veg (15) WW Bread (165) Grahams(65)			9 Rosemary Pork (240) Sweet Potato(55) Berries (5) Oat Bread (150)			10 Cold: Turkey & Cheese (545) Pasta Salad (10) Garden Salad (35) LS Bread (0)			11 Breaded Fish (330) Beets (140) Mashd Potato(25) Roll (120)		
				Cal 485	Pro 30	Na 800	Cal 640	Pro 35	Na 575	Cal 520	Pro 35	Na 800	Cal 475	Pro 30	Na 745
14 Pork (290) & Mushrooms Corn (5) Cauliflower (20) MG Bread (150) Applesauce(20)				15 Beef & Bean Chili (365) Brown Rice (25) Pineapple(5)			16 Cold: Egg Salad (465) Potato Salad(100) Garden Salad(35) Pita (160) Juice Yogurt(75)			17 Special: Cider Chicken (420) Fall Veggies (20) Mshed Potato(100) Dinner Roll (120) Lorna doones(100)			18 Ravioli, Lemon & Herb Butter (330) Peas (60) Oat Bread (150) Fresh fruit(5)		
Cal 665	Pro 40	Na 590	Cal 535	Pro 35	Na 550	Cal 755	Pro 25	Na 765	Cal 545	Pro 35	Na 615	Cal 660	Pro 25	Na 700	
21 Butter Chicken (460) Rice and Peas (65) Roll (120) Mandarins(10)				22 Beef, Noodles & Veggies (125) Cauliflower (15) MG Bread (150) Pineapple(5)			23 Sweet & Sour Meatballs (250) Lo Mein (135) Vegetables (25) Oat Bread (150)			24 Cold: Orzo & Chicken (350) Green Beans (150) MG Bread (150) Grahams(65)			25 Garlic Salmon (70) Rice&Bean(100) Carrots (45) Bread (180)		
Cal 1085	Pro 40	Na 800	Cal 590	Pro 40	Na 445	Cal 585	Pro 35	Na 690	Cal 555	Pro 45	Na 800	Cal 630	Pro 45	Na 555	
28 Turkey Burger (550) Mshed Potato (25) Carrots (65) LS Bread (0) Applesauce(20)				29 Chicken/ tomato cream sauce(500) Couscous (5) Green Beans (5) Oat Bread (150) Pineapple(5)			30 Cold: Ham & Cheese (440) Bean Salad (115) Garden Salad(35) LS Bread (0) Juice (5) Yogurt(75)			Total Calories, Protein and Sodium include: Entrée, sides, bread, milk & margarine. Sodium (Na): Milligrams in parenthesis. Please call 781-586-8692 if you need to cancel your meal.					
Cal 545	Pro 30	Na 800	Cal 690	Pro 35	Na 800	Cal 475	Pro 30	Na 650							

A \$2.00 confidential donation is suggested per meal.