

GLSS Congregate August Menu 2026

Monday			Tuesday			Wednesday			Thursday			Friday		
3 Macaroni and Cheese*(815) Stewed Tomatoes (30) Oat Bread (150) Fruit (5)			4 Burbon Chicken*(565) Quinoa (5) Green Beans (5) MG Bread (150) Mandarins (10)			5 Cold: Egg Salad (465) Potato Salad(100) Garden Salad(35) Rye Bread (300) Yogurt (75), Juice			6 Beef & Bean Chili (365) Brown Rice (25) Cornbread (180) Cookie (60)			7 Breaded Fish (330) Sweet Potato (25) Cauliflower (15) WW Roll (240) Applesauce (15)		
Cal 685	Pro 30	Na 1125	Cal 570	Pro 40	Na 890	Cal 900	Pro 25	Na 980	Cal 815	Pro 35	Na 790	Cal 735	Pro 95	Na 1045
10 Butter Chicken*(510) Rice and Peas (65) Pita Bread (160) Mandarins (5)			11 Beef & Pork Hot Dog** (540) Bked Beans (265) Apples (10) Coleslaw (15) Roll (270)			12 Sweet & Sour Meatballs (290) Veg.lo mein (135) Mixed vogs./ Mushrooms(25) Fruit (5)			13 Cold:Greek Orzo Chicken Salad(380) Green bean salad (150) Cake(175) MG bread(150)			14 Beef, noodles/ carrots/peas(95) Corn (5) WW Roll (240). Fruit Whip (5)		
Cal 1170	Pro 40	Na 900	Cal 880	Pro 95	Na 1365	Cal 695	Pro 35	Na 730	Cal 665	Pro 45	Na 1020	Cal 925	Pro 40	Na 500
17 Turkey & Gravy*(765) Mshed Potato (25) Carrots (65) LS Bread (0) Applesauce (15)			18 Omelet (310) Turkey Sausage (280) Rsted Potato (5) Ratatouille (115) Fruit Loaf (170) Fruit (5)			19 Cold: Chicken Salad (340) Corn Salad (65) Tomato & Cucumbers (140) Oat Bread (300) Fruit (5)			20 Pork Sausage, Peppers & Onions**(650) Berry Crisp (105) Rsted Potato (5) Garden Salad(35) Sub Roll (330)			21 Yankee Pot Roast (200) Beets (140) Butternut squash (15) MG Bread (150) Gelatin (110)		
Cal 495	Pro 30	Na 1030	Cal 925	Pro 35	Na 1125	Cal 655	Pro 85	Na 1045	Cal 940	Pro 35	Na 1255	Cal 545	Pro 70	Na 770
24 Steak Diane & Mushrooms (195) Mshed Potato (25) Capri Veg (15) Pudding (190) WW Bread (165)			25 Garlic & Lemon Fish (65) Swt Potato (55) Spinach (215) MG Bread (150) Cookie (65)			26Chicken/tomato cream sce(740)* Couscous (5) Green Beans (5) Oat Bread (150) Pineapple (5)			27 Cold: Ham & Cheese*(760) Bean Salad (225) Garden Salad(35) LS WW Bread (0) Fruit (5)			28 Ground Turkey*(675) Rice (5) Broccoli (15) Dinner Roll (240) Fruit (5)		
Cal 835	Pro 30	Na 750	Cal 770	Pro 35	Na 700	Cal 875	Pro 35	Na 1060	Cal 535	Pro 25	Na 1090	Cal 720	Pro 45	Na 1115
31 Hawaiian (475) Chicken & Peppers Rice & Beans (75) Fruit (5) WW Roll (260)			Total Calories, Protein and Sodium include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams in parenthesis. * Higher sodium item(>500mg) ** = Higher Sodium Meal(>1200mg) Menu Subject to Change Without Notice GLSS Nutrition 781-586-8687											
Cal 710	Pro 35	Na 975												



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