

GLSS Regular September Menu 2026

Monday				Tuesday			Wednesday			Thursday			Friday		
Menu Subject to Change Without Notice				1 Beef/turkey meatloaf(210) Mashed Potato(25) Corn (5) MG Bread (150) Fruit (5)			2 Cold: Chicken Salad (340)** Caesar Salad (300) Couscous (5) Bread (360) Pudding (190)			3 Pulled Pork* (510) Sweet Potato (55) Cauliflower (15) Burger Bun (250) Cookie (65)			4 Veggie Burger (320) Green Beans (5) Rsted Potato (5) WW Bun (250) Mandarins (10)		
				Cal 700	Pro 40	Na 550	Cal 845	Pro 40	Na 1330	Cal 750	Pro 40	Na 1020	Cal 670	Pro 30	Na 820
7 Holiday No Meals				8 Lasagna & Marinara (390) Capri Veg (15) Garlic Roll (240) Cookie (65)			9 Beef/pork Hot Dog**(540) Bked Beans (265) Berry Crisp (100) Coleslaw (15) Roll (270)			10 Cold: Turkey & Cheese*(545) Potato Chips (80) Garden Salad (35) MG Bread (300) Fresh Fruit (5)			11 Breaded Fish (330) Mixed Veg (55) Mshd Potato(25) Bun (250) Fruit (5)		
				Cal 640	Pro 30	Na 1140	Cal 1040	Pro 35	Na 1460	Cal 575	Pro 35	Na 1175	Cal 755	Pro 30	Na 1055
14 Pork (290) & Mushrooms Sweet Potato (30) Cauliflower (20) MG Bread (150) Applesauce (20)				15 Beef & Bean Chili (365) Brown Rice (25) Cornbread (180) Pineapple (5)			16 Cold: Egg Salad (465) Potato Salad(100) Garden Salad(35) Rye Bread (300) Yogurt (75),Juice			17 Special: Cider Chicken (420) Fall Veggies (20) Mshed Potato(100) Brownie (130) Dinner Roll (260)			18 Macaroni and Cheese*(650) Stewed Tomatoes (30) Oat Bread (150) Fruit (5)		
Cal 780	Pro 90	Na 635	Cal 800	Pro 35	Na 730	Cal 900	Pro 25	Na 980	Cal 865	Pro 35	Na 1105	Cal 610	Pro 25	Na 995	
21 Butter Chicken*(510) Rice and Peas (65) Pita Bread (160) Mandarins (5)				22 Beef, Noodles & Veggies (125) Corn (5) WW Roll (240) Pineapple (5)			23 Sweet & Sour Meatballs (250) Lo Mein (135) Mixed veg./ mushrooms(25) MG bread(150)			24 Cold:Orzo & Chicken (380) Marinated green beans (150) MG Bread (150) Cake (175)			25 Garlic Salmon (70) Yellow Rice(65) Black Bean(140) Yogurt (75) Bread (180)		
Cal 1170	Pro 40	Na 900	Cal 790	Pro 40	Na 525	Cal 680	Pro 35	Na 690	Cal 665	Pro 45	Na 1020	Cal 840	Pro 45	Na 690	
28 Turkey & Gravy*(765) Mshed Potato (25) Carrots (65) Roll (120) Applesauce (15)				29 Chicken/tomato cream sauce(740)* Couscous (5) Green Beans (5) Oat Bread (150) Pineapple (5)			30 Cold: Ham & Cheese*(760) Bean Salad (115) Garden Salad(35) LS Bread (0) Yogurt (75),Juice			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) Please call 781-586-8692 if you need to cancel your meal.					
Cal 500	Pro 30	Na 1150	Cal 875	Pro 35	Na 1060	Cal 520	Pro 30	Na 1050							

A \$2.00 confidential donation is suggested per meal.