GLSS November Cardiac Menu 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Omelet (400) Polenta (60) Green Beans (5) Oat Bread (150) Chilled fruit(5)	**3** Fish (270) Swt Potato (55) Capri Veg (15) WW Bread (165) Lorna doones-100	**4** Chicken & Noodles (100) Mixed Veg (55) WW Roll (240) Mandarins(10)	**5 Cold**: Ham & Cheese (440) Garden Salad (35) Quinoa (140) Pita Bread (100)	**6** Beef, Peppers & Onions (245) Rice&Beans (75) Tortilla (170) Yogurt(75)
Cal 505 / Pro 35 / Na 800	Cal 595 / Pro 35 / Na 665	Cal 530 / Pro 40 / Na 550	Cal 565 / Pro 40 / Na 800	Cal 545 / Pro 35 / Na 625
9 Lasagna & (500) Tomato Sauce Peas& Onions (35) Dinner Roll (120) Yogurt(75)	**10** Chicken Piccata (500) Rice (5) Green Beans (5) Oat Bread (150)	**11** **No Meals** **Veteran's Day**	**12** Ground Beef / Gravy(110) Corn (5) Mshd Potato (25) WW Bread (165)	**13** Dijon Pork (450) Swt Potato (25) B.Sprouts (15) MG Bread (150)
Cal 475 / Pro 35 / Na 800	Cal 530 / Pro 35 / Na 800		Cal 620 / Pro 40 / Na 455	Cal 705 / Pro 45 / Na 800
16 Chicken & Black Beans (640) Rice (5) Yogurt(75) No Bread	**17** Beef/turkey Meatloaf(210) Mshd Potato (25) Carrots (45) Dinner Roll(120) Applesauce(15)	**18** Turkey Burger (560) Couscous (5) Green Beans (5) LS Bread (65) Fresh orange(10)	**19 Special:** Chicken & Stuffing (425) Mshd Potato (25) Butternut (15) Roll (120)	**20** Stuffed Shells &Marinara (500) Capri Veg (20) Oat Bread (150) Mandarins(10)
Cal 560 / Pro 35 / Na 800	Cal 600 / Pro 45 / Na 560	Cal 635 / Pro 45 / Na 800	Cal 545 / Pro 35 / Na 715	Cal 515 / Pro 30 / Na 800
23 Beef & (385) Vegetable Stew Mshd Potato (25) Dinner Roll (120) Chilled fruit(5)	**24** Breaded Fish (270) Swt Potato (25) Cauliflower(135) MG Bread (150) Juice (5)	**25** Pork & Garlic Sauce (310) Butternut squash (20) Coleslaw(15) Warm Pears (5) WW bread(165)	**26** **Happy Thanksgiving** **No Meals Delivered**	**27** Beef/turkey Meatloaf(210) Carrots(40)*** Mashed potato(25) Carrots(40) Roll(240)Fruit(5)
Cal 610 / Pro 35 / Na 600	Cal 555 / Pro 30 / Na 585	Cal 615 / Pro 30 / Na 500		Cal 800 / Pro 35 / Na 744
30 Broccoli Cheese Chicken (450) Mshd Potato (25) Carrots (45) Dinner Roll (120)	Total Calories, Protein and Sodium Include: Entrée, Sides, Bread, Beverage & Margarine. Sodium (Na): Milligrams in Parenthesis. **Menu Subject to Change Without Notice** Please call **781-586-8692** if you need to cancel your meal. ***** Meal for November 27 will need to be heated**			
Cal 590 / Pro30 / Na 800				

A $2.00 confidential donation is suggested per meal.