GLSS November Congregate Menu 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Omelet (490) Trky Sausage(280) Polenta (60) Green Beans (5) Fruit Loaf (170) Canned Fruit (5)	**3** Fish (270) Sweet Potato (55) Warm Bread Pudding (190) WW Bread (165) Coleslaw (15)	**4** Chicken Noodle Casserole*(705) Mixed Veg (55) WW Roll (240) Mandarins (10)	**5 Cold**: Ham & Cheese*(530) Garden Salad(35) Red Beans (215) LS Bread (130) Fresh Fruit (5)	**6** Beef, Peppers & Onions (245) Rice&Beans (75) Tortilla (170) Pudding & Blueberries (70)
Cal 845 / Pro 35 / Na 1170	Cal 920 / Pro 35 / Na 855	Cal 740 / Pro 40 / Na 1165	Cal 760 / Pro 40 / Na 1035	Cal 650 / Pro 35 / Na 700
9 Pasta Fagioli (430) Peas&Onions (35) Dinner Roll (260) Gelatin (15)	**10** Chicken Piccata*(520) Risotto (110) Green Beans (5) Oat Bread (150) Pineapple (5)	**11** **No Meals** **Veteran's Day**	**12** Ground Beef & Gravy (110) Corn (5) Mashd potato(25) Biscuit (280) Cake (175)	**13** Dijon Pork (465) Swt Potato (25) B.Sprouts (15) Applesauce (15) MG Bread (150)
Cal 685 / Pro 35 / Na 1005	Cal 705 / Pro 35 / Na 945		Cal 755 / Pro 40 / Na 750	Cal 775 / Pro 45 / Na 830
16 Chicken & Black Beans*(650) Rice (5) MG Bread (150) Pudding (190)	**17**Beef/turkey Meatloaf & Gravy (210) Mshd Potato (25) Mixed Veg (55) Bread (180) Applesauce(15)	**18** Ham/Chicken Casserole*(710) Couscous (5) Green Beans (5) Fresh Fruit (5) WW Roll (260)	**19 Special:** Turkey & Stuffing**(850) Mshd Potato (25) Butternut (15) Pie (265) Roll (120)	**20** Stuffed Shells &Marinara*(570) Capri Veg (20) Oat Bread (150) Mandarins (10)
Cal 760 / Pro 35 / Na 1155	Cal 730 / Pro 95 / Na 640	Cal 830 / Pro 45 / Na 1140	Cal 840 / Pro 35 / Na 1430	Cal 590 / Pro 30 / Na 1015
23 Beef & (385) Vegetable Stew Mashed potato(25) Cornbread (180) Fruit (5)	**24** Breaded Fish (270) Sweet Potato (25) Cauliflower(135) WW Bun (250) Yogurt(75), Juice	**25** Beef and pork Hot Dog**(540) Bked Beans (265) Pears (5) Coleslaw (15) Roll (270)	**26** **Happy** **Thanksgiving** **No Meals**	**27** **Happy** **Thanksgiving** **No Meals**
Cal 815 / Pro 35 / Na 720	Cal 780 / Pro 30 / Na 995	Cal 890 / Pro 30 / Na 1360		
30 Broccoli Cheese Chicken (460) Mashed Potato(25) Beets (140) WW Roll (260) Cookie (65)	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 740 / Pro 30 / Na 1110				