

GLSS Cardiac October Menu 2026

Monday			Tuesday			Wednesday			Thursday			Friday		
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 meals.									1 Pot Roast (200) Beets (140) Butternut Squash(15) MG Bread(150)			2 Omelet (310) Trky Sausage (200) Rsted Potato (5) Capri Veg (20) Roll (120)		
									Cal 440	Pro 40	Na 660	Cal 640	Pro 35	Na 800
5 Chicken & Black Beans (650) Rice (5) LS WW Bread (0) Graham crax(65)			6 Beef/turkey Meatloaf(210) Mshd Potato (25) Carrots (45) Roll (120)			7 Rosemary Pork (240) Butternut (5) Pears (5) WW Bread (165)			8 Breaded Fish (270) Sweet Potato (25) Cauliflower (135) MG Bread (150)			9 Stuffed Shells &Marinara (500) Capri Veg (20) Oat Bread (150) Mandarins(10)		
Cal 600	Pro 35	Na 815	Cal 580	Pro 45	Na 560	Cal 615	Pro 30	Na 540	Cal 620	Pro 35	Na 740	Cal 495	Pro 30	Na 800
12 No Meals HOLIDAY			13 Stuffed Chicken (465) Rice Pilaf (40) Beets (140) LS Bread (0)			14 Beef & (385) Vegetable Stew Mshd Potato (25) Roll (120) Yogurt(75)			15 Cold: Chicken Salad (300) Garden Salad(35) Bean Salad (215) Pita (160)			16 Ravioli & Turkey Bolognese (500) Broccoli (10) Oat bread (150)		
			Cal 575	Pro 35	Na 800	Cal 585	Pro 35	Na 690	Cal 560	Pro 45	Na 800	Cal 615	Pro 50	Na 800
19 Turkey Burger (600) Mshd Potato (25) Green Beans (5) LS Bread (0)			20 American Chop Suey (395) Cauliflower (15) Roll (120) Yogurt(75)			21 Garlic & Herb Chicken (420) Swt Potato (55) Capri Veg (20) MG Bread (150)			22 Special: Pork & Apples (215) Butternut (15) B.Sprouts (20) WW Bread (165)			23 Garlic Lemon Fish (250) Rice&Beans (75) Beets (140) Oat Bread (150)		
Cal 535	Pro 35	Na 790	Cal 575	Pro 40	Na 690	Cal 570	Pro 30	Na 800	Cal 565	Pro 40	Na 570	Cal 555	Pro 40	Na 775
26 Beef & Bean Chili (365) Warm blueberries (5) Honey Wheat Roll(120)			27 Chicken Pot Pie (500) Mshed Potato(25) Oat Bread (150) Chilled fruit(5)			28 Ham & Cheese (440) Quinoa (140) Garden Sald (35) Pita(160)Juice(5) Yogurt(75)			29 Beef & Broccoli (540) Brown Rice (25) WW Bread (165) Chilled fruit(5)			30 Meatballs White Wine Sauce & Pasta (210) Stewed Tomatoes (30) MG Bread (150)		
Cal 500	Pro 35	Na 645	Cal 510	Pro 30	Na 800	Cal 535	Pro 30	Na 800	Cal 610	Pro 40	Na 875	Cal 800	Pro 25	Na 555

A \$2.00 confidential donation is suggested per meal.

Menu Subject to Change Without Notice.