

GLSS Congregate October Menu 2026

Monday			Tuesday			Wednesday			Thursday			Friday		
Total Calories, Protein and Sodium include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na)in parenthesis *= Higher sodium item(>500mg) **=High sodium meal(>1200mg) Menu Subject to change without notice GLSS Nutrition 781-586-8687									1 Pot Roast (200) Beets (140) Butternut squash (15) Biscuit (280) Cookie (60)			2 Omelet (310) Trky Sausage (280) Rsted Potato (5) Ratatouille (115) Fruit Loaf (170) Fruit (5)		
									Cal 590	Pro 40	Na 855	Cal 910	Pro 35	Na 1125
5 Chicken & Black Beans*(650) Rice (5) MG Bread (150) Cookie (65)			6 Beef/turkey Meatloaf/gravy Mshd Potato (25) Mixed Veg (55) Bread (180) Pudding (150)			7 Beef/pork Hot dog(540)** Bked Beans (265) Pears (5) Coleslaw (15) Roll (270)			8 Breaded Fish (270) Swt Potato (25) Cauliflower (135) WW Bun (250) Applesauce (15)			9 Stuffed Shells &Marinara*(570) Capri Veg (20) Oat Bread (150) Mandarins (10)		
Cal 715	Pro 35	Na 1030	Cal 820	Pro 45	Na 780	Cal 890	Pro 30	Na 1360	Cal 820	Pro 35	Na 1115	Cal 590	Pro 30	Na 1015
12 No Meals HOLIDAY			13 Brie & Apple Chicken*(790) Rice Pilaf (40) Beets (140) LS Bread (0) Pineapple (5)			14 Beef & (385) Vegetable Stew Mshd Potato (25) Cornbread (180) Gelatin (15)			15 Cold: Chicken Salad (395) Orzo (5) Bean Salad (215) Pita (160) Cake (175)			16 Ravioli & Turkey Bolognese*(555) Broccoli (10) Garlic Roll (240) Fruit (5)		
			Cal 730	Pro 35	Na 1180	Cal 725	Pro 35	Na 765	Cal 910	Pro 45	Na 1110	Cal 785	Pro 50	Na 1075
19 Turkey/gravy (765)* Mshd Potato (25) Green Beans (5) LS Bread (0) Fruit (5)			20 American Chop Suey (395) Cauliflower (15) Garlic Roll (240) Pudding (190)			21 BBQ Chicken**(875) Swt Potato (55) Capri Veg (20) Mandarins (10) MG Bread (150)			22 Special: Pork & Apples (215) Butternut squash (15) Br. Sprouts(15) Dinner Roll (260)			23 Garlic Lemon Fish (250) Rice&Beans (75) Spinach (215) Oat Bread (150) Applesauce (15)		
Cal 510	Pro 35	Na 960	Cal 780	Pro 40	Na 1000	Cal 665	Pro 30	Na 1260	Cal 850	Pro 40	Na 890	Cal 730	Pro 40	Na 860
26 Beef Chili (365) Blueberry Crisp (105) Cornbread (180) Corn Salad (85)			27 Chicken Pot Pie*(530) Mshed Potato(25) Biscuit (280) Fruit (5)			28 Ham & Cheese*(770) Quinoa (140) Garden Sald (35)) Yogurt(75) Juice(5)			29 Beef & Broccoli*(540) Brown Rice (25) WW Bread (165) Fruit (5)			30 Macaroni & Cheese*(650) Stewed Tomatoes (30) MG Bread (150) Fruit (5)		
Cal 885	Pro 35	Na 895	Cal 650	Pro 30	Na 1005	Cal 620	Pro 30	Na 1075	Cal 715	Pro 40	Na 900	Cal 690	Pro 25	Na 1015