GLSS Regular 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.** Please call **781-586-8692** if you need to cancel your meal.			**1** Pot Roast (200) Beets (140) Butternut squash (15) Biscuit (280) Cookie (60) Cal 590 / Pro 40 / Na 855	**2** Omelet (310) Trky Sausage (280) Rsted Potato (5) Ratatouille (115) Fruit Loaf (170) Fruit (5) Cal 910 / Pro 35 / Na 1125
5 Chicken & Black Beans*(650) Rice (5) MG Bread (150) Cookie (65) Cal 715 / Pro 35 / Na 1030	**6** Beef/turkey Meatloaf/gravy Mshd Potato (25) Mixed Veg (55) Bread (180) Pudding (150) Cal 820 / Pro 45 / Na 780	**7** Beef/pork Hot dog(540)** Bked Beans (265) Pears (5) Coleslaw (15) Roll (270) Cal 890 / Pro 30 / Na 1360	**8** Breaded Fish (270) Swt Potato (25) Cauliflower (135) WW Bun (250) Applesauce (15) Cal 820 / Pro 35 / Na 1115	**9** Stuffed Shells &Marinara*(570) Capri Veg (20) Oat Bread (150) Mandarins (10) 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) Cal 730 / Pro 35 / Na 1180	**14** Beef & (385) Vegetable Stew Mshd Potato (25) Cornbread (180) Gelatin (15) Cal 725 / Pro 35 / Na 765	**15 Cold**: Chicken Salad (395) Orzo (5) Bean Salad (215) Pita (160) Cake (175) Cal 910 / Pro 45 / Na 1110	**16** Ravioli & Turkey Bolognese*(555) Broccoli (10) Garlic Roll (240) Fruit (5) Cal 785 / Pro 50 / Na 1075
19 Turkey/gravy (765)* Mshd Potato (25) Green Beans (5) LS Bread (0) Fruit (5) Cal 510 / Pro 35 / Na 960	**20** American Chop Suey (395) Cauliflower (15) Garlic Roll (240) Pudding (190) Cal 780 / Pro 40 / Na 1000	**21** BBQ Chicken**(875) Swt Potato (55) Capri Veg (20) Mandarins (10) MG Bread (150) Cal 665 / Pro 30 / Na 1260	**22 Special:** Pork & Apples (215) Butternut squash (15) Br. Sprouts(15) Dinner Roll (260) Cal 850 / Pro 40 / Na 890	**23** Garlic Lemon Fish (250) Rice&Beans (75) Spinach (215) Oat Bread (150) Applesauce (15) Cal 730 / Pro 40 / Na 860
26 Beef Chili (365) Blueberry Crisp (105) Cornbread (180) Corn Salad (85) Cal 885 / Pro 35 / Na 895	**27** Chicken Pot Pie*(530) Mshed Potato(25) Biscuit (280) Fruit (5) Cal 650 / Pro 30 / Na 1005	**28** Ham & Cheese*(770) Quinoa (140) Garden Sald (35)) Yogurt(75) Juice(5) Cal 620 / Pro 30 / Na 1075	**29** Beef & Broccoli*(540) Brown Rice (25) WW Bread (165) Fruit (5) Cal 715 / Pro 40 / Na 900	**30** Macaroni & Cheese*(650) Stewed Tomatoes (30) MG Bread (150) Fruit (5) Cal 690 / Pro 25 / Na 1015

A $2.00 confidential donation is suggested per meal.