

January 2019

Greater Springfield Senior Services, Inc.

Senior Community Dining Menu

For Reservations or Cancellations call by 12:00 Noon the day before at 781-2135 or Toll free 800-649-3641

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NA= Sodium CAL= Calories Sodium is listed in milligrams Next to each item () *Item over 500 mg NA Total Sodium & Calories Based On Regular Dessert	1 NEW YEAR'S DAY CLOSED (NO MEALS)	2 Baked Chicken (111) Honey Mustard Sauce (290) Baked Potato (9) Sour Cream (13) Mixed Vegetables (43) Milk (100) Oat Nut Bread (230) Marg (15) Reg/Diet Mixed Fruit (5)	3 Tomato Rice Soup (279) Crkrs (56) Potato Pollock Filet (273) Tartar Sauce (261) O'Brien Potatoes (65) Rye Bread (150) Margarine (15) Fresh Apple Milk (100)	4 Chicken Meatballs (280) Orange Glaze (18) NEW Fried Rice (129) Milk (100) Oriental Blend Vegetables Pumpernickel Bread (154) Reg/Diet Pineapple (1) Marg (15)
Total Cal: Total NA:	Total Cal: Total NA:	Total Cal: 909 Total NA: 816	Total Cal: 1004 Total NA: 1199	Total Cal: 689 Total NA: 697
7 Vegetable Gumbo Soup (25) Crkrs (56) Baked Chicken (111) Piccata Sauce (7) Margarine (15) Sweet Potatoes (33) Milk (100) Whole Wheat Bread (160) Reg/Dt Peaches (5)	8 Meatloaf (168) Mushroom Gr (129) Mash Pot (46) Winter Mix Vegetables (31) Oat Nut Bread (230) Marg (15) Reg Frozen Strawberry Cup Diet Applesauce Milk (100)	9 Chicken A-La-King (122) White Rice (3) Milk (100) Carrots (44) Margarine (15) Whole Wheat Dinner Roll (190) Reg Birthday Cake (230) Diet Angel Cake	10 * Macaroni & Cheese/ Breadcrumbs (658) Stewed Tomatoes (13) Milk (100) Peas (58) Margarine (15) Pumpernickel Bread (154) Reg/Diet Fruited Jell-O (10)	11 Pot Roast (33) Beef Gr (83) Scalloped Potatoes (91) Sweet & Sour Cabbage (331) 12 Grain Bread (200) Fresh Banana (1) Margarine (15) Milk (100)
Total Cal: 648 Total NA: 512	Total Cal: 632 Total NA: 719	Total Cal: 759 Total NA: 704	Total Cal: 800 Total NA: 1008	Total Cal: 903 Total NA: 854
14 CATCH OF THE DAY Haddock (222) Newburg Sce (89) Oven Brown Potatoes (237) Spinach (76) Milk (100) Oat Nut Bread (230) Margarine (15) Reg/Diet Fruited Jell-O (10)	15 Chicken Broccoli Ziti Casserole (237) Carrots (44) Rye Bread (150) Reg/Diet Chocolate Pudding (190) Margarine (15) Milk (100)	16 * Hot Dog (540) Mustard (55) Relish (81) Vegetarian Baked Beans (132) Cole Slaw (167) Hot Dog Bun (180) Fresh Orange Milk (100)	17 Taco Bowl (277) Shredded Cheese (91) Shredded Lettuce (6) Yellow Rice (2) Milk (100) Tortilla Chips (46) Salsa (182) Reg/Diet Mixed Fruit (5)	18 Baked Chicken (111) Marsala Wine Sce (21) Milk (100) W. W. Pasta Vodka Sauce (257) Tossed Salad (2) Italian Dr (119) Italian Bread (171) Marg (15) Reg/Diet Peach Crisp (39)
Total Cal: 593 Total NA: 979	Total Cal: 650 Total NA: 736	Total Cal: 725 Total NA: 1255	Total Cal: 639 Total NA: 709	Total Cal: 846 Total NA: 820
21 MARTIN LUTHER KING JR CLOSED (NO MEALS)	22 Bkd Hawaiian Chckn (57) ½ Baked Potato (9) Marg (15) Ginger Carrots (74) Milk (100) Whole Wheat Dinner Roll (190) Reg/Diet Pineapple (1) Marg (15)	23 Stuffed Shells (360) Meat Sauce (58) Margarine (15) Tossed Salad (2) Italian Dr (119) Spinach (76) 12 Grain Bread (200) Reg/Diet Ambrosia (21) Milk (100)	24 Pea Soup (17) Crackers (56) Salisbury Steak (370) Garlic Herb Red Roast Pot (5) Beef Gravy (83) Rye Bread (150) Fresh Pear Marg (15) Milk (100)	25 Beef Stew (93) Marg (15) Diced Boiled Potatoes (263) Whole Wheat Dinner Roll (190) Reg Coconut Rice Pudding (158) Diet Vanilla Pudding, Milk (100)
Total Cal: Total NA:	Total Cal: 725 Total NA: 461	Total Cal: 860 Total NA: 951	Total Cal: 674 Total NA: 796	Total Cal: 634 Total NA: 819
28 Chicken Meatball Stroganoff (420) Buttered Noodles (6) Milk (100) Tuscan Blend Vegetables (35) 12 Grain Bread (200) Marg (15) Fresh 4 oz. Dried Cranberries (10)	29 Pier 17 Fish (302) Milk (100) Tartar Sauce (261) Cole Slaw (167) Delmonico Potatoes (69) Marg (15) Pumpernickel Bread (154) Reg (2) Choc Chip Cookies (112) Diet (1) Chocolate Chip Cookie	30 Lentil Soup (81) Crackers (56) Baked Chicken (111) Mushroom Tarragon Sauce (53) O'Brien Potatoes (65) Milk (100) Rye Bread (150) Margarine (15) Reg/Diet Vanilla Pudding (173)	31 Egg Florentine Casserole (377) Yellow Rice (2) Carrots (44) Oat Nut Bread (230) Reg/Diet Blueberry Yogurt (75) Margarine (15) Milk (100)	Suggested Voluntary Donation \$2.00 Per Meal Menu Subject To Change w/o Notice Puree Meals Available Call GSSSI
Total Cal: 1018 Total NA: 786	Total Cal: 1160 Total NA: 1180	Total Cal: 1037 Total NA: 804	Total Cal: 935 Total NA: 843	Total Cal: Total NA:

*If you have a special concern regarding the sodium, contact the Nutritionist @ GSSSI 781-8806 X 136 for guidance in managing your daily sodium intake