

February 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 Email: GSSSI.nutrition@gsssi.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NA= Sodium CAL= Calories Sodium is listed in milligrams Next to each item ( ) *Item over 500 mg NA Total Sodium &amp; Calories Based On Regular Dessert</p>				<p>1 <b>Chicken Macaroni Casserole</b> (276) Gr Beans (2) Tossed Salad (4) Italian Dr (119) Wheat Bread (160) Reg/Diet Peaches (5) Margarine (15) Milk (100)</p>
<b>Total Cal: Total NA:</b>	<b>Total Cal: Total NA:</b>	<b>Total Cal: Total NA:</b>	<b>Total Cal: Total NA:</b>	<b>Total Cal: 773 Total NA: 681</b>
<p>4 <b>BBQ Pork Rib(250)</b> Baked Beans (132) Cole Slaw (167) Hamburg Bun (230) Reg/Diet Mixed Fruit (5) Margarine (15) Milk (100)</p>	<p>5 <b>Beef Barley Soup(24) Crkrs (56)</b> <b>Baked Chicken (111)</b> Tarragon Mushroom Sauce (53) Sweet Potatoes (33) Milk (100) 12 Grain Bread (200) Marg (15) Reg/Diet Ambrosia (21)</p>	<p>6 <b>American Chop Suey (210)</b> Broccoli /Cauliflower Oat Nut Bread (230) Reg Frosted Birthday Cake (230) Diet Angel Cake Margarine (15) Milk (100)</p>	<p>7 <b>Vegetarian FiestaChili (207)</b> Shredded Cheese (91) Milk (100) Baked Potato (9) Sour Cr (13) Tossed Salad (4) Italian Dr (119) Whole Wheat Dinner Roll (190) Fresh Pear, Margarine (15)</p>	<p>8 <b>* Roast Turkey (607)</b> Turkey Gravy (19) Cranberry Sauce (8) Herb Stuffing (144) Rye Bread (150) Butternut Squash (35) Marg (15) Reg/Diet Peaches (5) Milk (100)</p>
<b>Total Cal: 756 Total NA: 884</b>	<b>Total Cal: 861 Total NA: 613</b>	<b>Total Cal: 714 Total NA: 785</b>	<b>Total Cal: 694 Total NA: 750</b>	<b>Total Cal: 638 Total NA: 1083</b>
<p>11 <b>Lasagna Soup (191) Crkrs (56)</b> <b>Baked Chicken(111) Marsala Sce (21)</b> Garlic/Rosemary Oven Brown Potatoes (237) Margarine (15) Pumpnickel Bread (154) Milk (100) Reg/Diet Chocolate Pudding(190)</p>	<p>12 <b>Breaded Potato Pollack(273)</b> Tartar Sauce (261) Rice Pilaf (12) Carrots (44) Margarine (15) Whole Wheat Bread (160) Reg/Diet Pears (4) Milk (100)</p>	<p>13*<b>Breaded Pork Choppet(580)</b> Pork Gravy (81) Au Gratin Potatoes (195) Butternut Squash (35) Rye Bread (150) Reg/Diet Applesauce (9)</p>	<p>14 <b>VALENTINE'S DAY LUNCH</b> <b>*Chicken Cordon Bleu (600)</b> Supreme Sce (146) Mixed Veg (43) Red Roasted Potatoes (5) Whole Wheat Dinner Roll (190) Rg/Dt Chocolate Éclair Cake(231)</p>	<p>15 <b>Taco Bowl (277)</b> Shredded Cheese (91) Shredded Lettuce (6) Yellow Rice (2) Tortilla Chips (46) Salsa (182) Fresh Banana Milk (100)</p>
<b>Total Cal: 782 Total NA: 830</b>	<b>Total Cal: 713 Total NA: 869</b>	<b>Total Cal: 929 Total NA: 1165</b>	<b>Total Cal: 933 Total NA: 1330</b>	<b>Total Cal: 689 Total NA: 647</b>
<p>18 <b>PRESIDENT'S DAY</b>  <b>CLOSED</b>  <b>(NO MEALS)</b></p>	<p>19 <b>Chicken Meatballs (280)</b> Tomato Sce(6) W.W. Pasta Tomato Sce(6)Oat Nut Bread (230) Roman Blend Veget (26)Milk (100) Reg/Dt Mixed Fruit (5) Marg (15)</p>	<p>20 <b>Escarole Soup (141) Crkrs (56)</b> <b>Baked Chicken(111)Wine Sce (18)</b> Scalloped Potatoes (91) Milk (100) Pumpnickel Brd (154) Marg (15) Rg Lemon Pud (200) Dt Van Pudd</p>	<p>21* <b>Hot Dog (540) Mustard (55)</b> Baked Beans (132) Relish (81) Confetti Cole Slaw (165) Hot Dog Bun (180) Fresh Orange, Milk (100)</p>	<p>22 <b>Meatloaf (168)Beef Gr (83)</b> Mashed Potatoes (46) Milk (100) Scandinavian Vegetables (31) 12 Grain Bread (200) Marg (15) Reg/Diet Baked Apple (34)</p>
<b>Total Cal: Total NA:</b>	<b>Total Cal: 765 Total NA: 668</b>	<b>Total Cal: 980 Total NA: 886</b>	<b>Total Cal: 886 Total NA: 1253</b>	<b>Total Cal: 736 Total NA: 677</b>
<p>25 <b>Beef Stew (93)</b> Diced Boiled Potatoes (263) Whole Wheat Dinner Roll (190) Reg/Diet Fruited Jell-O (10) Margarine (15) Milk (100)</p>	<p>26 <b>Shepherd's Pie (131) Gr (83)</b> Mashed Potatoes (46) Tossed Salad (4) Italian Dr (119) Rye Bread (150) Reg/Diet Butterscotch Pudd (240) Margarine (15) Milk (100)</p>	<p>27 <b>MAC &amp; CHEESE BAR</b> <b>BBQ Pulled Pork (55)</b> Macaroni &amp; Cheese/Breadcr (282) Bacon Bits (327) Broccoli (9) Cole Slaw (167) Dinner Roll (160) Fresh Grapes,Milk (100) Marg (15)</p>	<p>28 <b>Veget Gumbo Soup (25)Cr (56)</b> <b>Haddock/Bread Crumbs (222)</b> Rice Pilaf (12) Oat Nut Bread (230) Marg (15) Reg Chocolate Chip Cake (348) Diet Angel Cake, Milk (100)</p>	<p>Suggested Voluntary Donation \$2.00 Per Meal Menu Subject To Change w/o Notice Puree Meals Available Call GSSSI</p>
<b>Total Cal: 499 Total NA: 671</b>	<b>Total Cal: 642 Total NA: 888</b>	<b>Total Cal: 962 Total NA: 1115</b>	<b>Total Cal: 714 Total NA: 1008</b>	<b>Total Cal: Total NA:</b>

\*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