

February 2019

Greater Springfield Senior Services, Inc.

Home Delivered Menu

For Reservations or Cancellations call by 11:30 a.m. 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:</b> <b>Total NA:</b>	<b>Total Cal:</b> <b>Total NA:</b>	<b>Total Cal:</b> <b>Total NA:</b>	<b>Total Cal:</b> <b>Total NA:</b>	<b>Total Cal:</b> 773 <b>Total NA:</b> 681
<p>4 <b>BBQ Pork Rib</b>(250) Baked Beans (132) Cole Slaw (167) Hamburg Bun (230) Reg/Diet Mixed Fruit (5) Margarine (15) Milk (100)</p>	<p>5 Soup (330) Crackers (56) <b>Baked Chicken</b> (111) 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</b> (210) Broccoli /Cauliflower Oat Nut Bread (230) Reg Frosted Birthday Cake (230) Diet Angel Cake Margarine (15) Milk (100)</p>	<p>7 <b>Vegetarian Fiesta Chili</b> (207) Shredded Cheese (91) Milk (100) ½ 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</b> (607) 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:</b> 756 <b>Total NA:</b> 884	<b>Total Cal:</b> 873 <b>Total NA:</b> 919	<b>Total Cal:</b> 714 <b>Total NA:</b> 785	<b>Total Cal:</b> 694 <b>Total NA:</b> 750	<b>Total Cal:</b> 638 <b>Total NA:</b> 1083
<p>11 <b>Baked Chicken</b> (111) Marsala Sce (21) Green Beans (2) 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</b>(273) 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 Chopet</b> (580) 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</b> (600) Supreme Sce (146) Mixed Veg (43) Red Roasted Potatoes (5) Whole Wheat Dinner Roll (190) Rg/Dt Choc Pudd/Whip Top (231)</p>	<p>15 <b>Taco Bowl</b> (277) Shredded Cheese (91) Yellow Rice (2) Corn (1) Dinner Roll (160) Margarine (15) Fresh Banana Milk (100)</p>
<b>Total Cal:</b> 782 <b>Total NA:</b> 830	<b>Total Cal:</b> 713 <b>Total NA:</b> 869	<b>Total Cal:</b> 929 <b>Total NA:</b> 1165	<b>Total Cal:</b> 933 <b>Total NA:</b> 1330	<b>Total Cal:</b> 689 <b>Total NA:</b> 647
<p>18 <b>PRESIDENT'S DAY</b>  <b>CLOSED</b>  <b>(NO MEALS)</b></p>	<p>19 <b>Chicken Meatballs</b> (280) Tomato Sce(6) W.W. Pasta Tomato Sce(6)Oat Nut Bread (230) Roman Blend Veg (26) Milk (100) Reg/Dt Mixed Fruit (5) Marg (15)</p>	<p>20 Soup (330) Crackers (56) <b>Baked Chicken</b>(111)Wine Sce (18) Scalloped Potatoes (91) Milk (100) Pumpnickel Brd (154) Marg (15) Rg Lemon Pud (200) Dt Van Pudd</p>	<p>21* <b>Hot Dog</b> (540) Mustard (55) Baked Beans (132) Relish (81) Confetti Cole Slaw (165) Hot Dog Bun (180) Fresh Orange, Milk (100)</p>	<p>22 <b>Meatloaf</b> (168)Beef Gr (83) Mashed Potatoes (46) Milk (100) Scandinavian Vegetables (31) 12 Grain Bread (200) Marg (15) Reg/Diet Applesauce (9)</p>
<b>Total Cal:</b> <b>Total NA:</b>	<b>Total Cal:</b> 765 <b>Total NA:</b> 668	<b>Total Cal:</b> 1010 <b>Total NA:</b> 1075	<b>Total Cal:</b> 886 <b>Total NA:</b> 1253	<b>Total Cal:</b> 623 <b>Total NA:</b> 652
<p>25 <b>Beef Stew</b> (93) 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</b> (131) Gr (83) 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</b> (55) Macaroni &amp; Cheese (282) Broccoli (9) Dinner Roll (160) Margarine (15) Fresh Grapes, Milk (100)</p>	<p>28 <b>Haddock/Bread Crumbs</b> (222) Rice Pilaf (12) Green Beans (2) 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:</b> 499 <b>Total NA:</b> 671	<b>Total Cal:</b> 642 <b>Total NA:</b> 888	<b>Total Cal:</b> 962 <b>Total NA:</b> 1115	<b>Total Cal:</b> 714 <b>Total NA:</b> 1008	<b>Total Cal:</b> <b>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