

March 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
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	Suggested Voluntary Donation \$2.00 Per Meal Menu Subject To Change w/o Notice Puree Meals Available Call GSSSI			1 Baked Chicken (111) Cacciatore Sauce (61) Ziti (1) Alfredo Sauce (48) Italian Bread (171) Spinach (76) Fresh Fruit (Banana) (1) Margarine (15) Milk (100)
Total Cal: Total NA:	Total Cal: Total NA:	Total Cal: Total NA:	Total Cal: Total NA:	Total Cal: 752 Total NA: 584
4 Meatloaf (168) Mush Gr (129) Garlic Mashed Potatoes (46) Green Bean Casserole (225) Oat Nut Bread (230) Reg/Diet Mixed Fruit (5) Margarine (15) Milk (100)	5 Pea Soup (17) Crackers (56) Baked Chicken (111) Wine Sauce (18) Sweet Potatoes (33) Milk (100) Wheat Bread (160) Marg (15) Reg/Diet Peaches (5)	6 <u>ASH WEDNESDAY</u> Bak'd Haddock(222) Dill Sce (147) Oven Brown Potatoes (237) Milk (100) Genoa Style Vegetables (39) Rye Bread (150) Margarine (15) Reg Fr B'day Cake (230) Dt Angel	7 * Hot Dog (540) Mustard (55) Relish (81) Baked Beans (132) Cole Slaw (167) Hot Dog Bun (180) Fresh Orange Milk (100)	8 * Seafood Newburg (796) Rice Pilaf (12) Carrots (44) Pumpernickel Bread (154) Reg/Diet Pineapple (1) Margarine (15) Milk (100)
Total Cal: 663 Total NA: 918	Total Cal: 715 Total NA: 515	Total Cal: 592 Total NA: 1140	Total Cal: 858 Total NA: 1255	Total Cal: 628 Total NA: 1122
11 Escarole Bean Soup (141) Bkd Chicken (111) Crkrs (56) Manhattan Glaze (313) Lyonnaise Potatoes (9) Milk (100) Wheat Bread (160) Margarine (15) Reg/Diet Applesauce (9)	12 Swedish Chicken Meatballs (472) Buttered Noodles (6) Winter Mix Vegetables (31) Oat Nut Bread (230) Marg (15) Fresh Apple Milk (100)	13 <u>ST.PATRICK'S DAY</u> * Corned Beef (805) Mustard (55) Parsley Boiled Potatoes (210) Cabbage/Carrots (52) Rye Bread (150) Rg/Dt Lime Fruited Jell-O/Top(10)	14 Mild Beef/Bean Chili (194) Baked Potato (9) Margarine (15) Cucumber Salad (2) Pumpernickel Bread (154) Reg/Diet Chocolate Pudding (190) Margarine (15) Milk (100)	15 * Macaroni & Cheese/ Breadcrumbs (658) Stewed Tomatoes (13) Peas (58) Margarine (15) Oat Nut Bread (230) Milk (100) Reg/Diet Ambrosia (21)
Total Cal: 1084 Total NA: 914	Total Cal: 762 Total NA: 854	Total Cal: 679 Total NA: 1397	Total Cal: 770 Total NA: 679	Total Cal: 948 Total NA: 1095
18 American Chop Suey (210) Italian Style Vegetables Rye Bread (150) Reg/Diet Peaches (5) Margarine (15) Milk (100)	19 Potato Chowder (180) Baked Chicken (111) Crkrs (56) BBQ Sauce (165) Carrots (44) Pumpernickel Bread (154) Rg/Dt Butterscotch Pudding (240)	20 * Sweet Italian Sausage Bites(6)(595) Tom/Oni/Pep(120) Buttered Rotini (1) Milk (100) Scandinavian Vegies (31)Marg (15) Oat Nut Bread (230) Fresh Pear	21 Pot Roast (33) Beef Gr (83) Mashed Potatoes (46) Milk (100) Parmesan Ranch Green Beans (103) W. W. Dinner Roll (190) NEW Rg/Dt Apple Crisp/Top(38)Marg (15)	22 Potato Pollack (273) Tartar Sce (261) Baked Pot (9) Corn Monterey (3) Milk (100) Wheat Bread (160) Marg (15) Reg/Diet Mixed Fruit (5)
Total Cal: 571 Total NA: 480	Total Cal: 796 Total NA: 1065	Total Cal: 902 Total NA: 1092	Total Cal: 799 Total NA: 608	Total Cal: 794 Total NA: 841
25 Salisbury Steak (370) Beef Gravy (83) Rosemary Red Roasted Potatoes (5) Broccoli (9) Margarine (15) Oat Nut Bread (230) Milk (100) Fresh Orange	26 Beef Burgundy (45) Buttered Egg Noodles (6) Peas/Onions (42) Rye Bread (150) Reg/Diet Bread Pudding (210) Margarine (15) Milk (100)	27 Cream of Broccoli Soup (146) Baked Chicken (111) Crkrs (56) Piccata Sauce (7) Marg (15) Corn Casserole (448) Milk (100) Pumpernickel Bread(154) Reg/Diet Frozen Strawberries	28 BBQ Pork Pattie (250) Scalloped Potatoes (91) Tomato & Onion Salad (5) Oat Nut Bread (230) Fresh-Dried Cranberries (10) Margarine (15) Milk (100)	29 W.G.Veg Lasagna Roll Up (370) Tom Sce (6) Marg (15) Tuscan Bl Veg (35)Ital Br (171) Tossed Salad (4)Italian Dr (119) Reg Lemon Pudding (200) Diet Vanilla Pudding, Milk (100)
Total Cal: 590 Total NA: 812	Total Cal: 826 Total NA: 568	Total Cal: 880 Total NA: 1037	Total Cal: 1025 Total NA: 701	Total Cal: 601 Total NA: 1020

*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