

March 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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 (46) Italian Bread (171) Spinach (76) Fresh Fruit (Banana) (1) Margarine (15) Milk (100)
<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: 752 Total NA: 584</b>
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 Frozen Soup (330) 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> Bkd 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)
<b>Total Cal: 663 Total NA: 918</b>	<b>Total Cal: 714 Total NA: 828</b>	<b>Total Cal: 592 Total NA: 1140</b>	<b>Total Cal: 858 Total NA: 1255</b>	<b>Total Cal: 628 Total NA: 1122</b>
11 Baked Chicken (111) Manhattan Glaze (313) Marg (15) Lyonnais Potatoes (9) Spinach (76) Wheat Bread (160) Milk (100) Reg/Diet Applesauce (9)	12 Swedish Chicken Meatballs (472) Buttered Noodles (6) Marg (15) Winter Mix Vegetables (31) Oat Nut Bread (230) Fresh Apple Milk (100)	13 <u>ST. PATRICK'S DAY CELEB</u> *Corned Beef (805) Parsley Boiled Potatoes (210)Milk (100) Cabbage/Carrots (52) Mustard (55) Rye Bread (150) Margarine (15) Rg/Dt Lime Fruited Jell-O/Top(10)	14 Mild Beef & Bean Chili (194) ½ Baked Potato (9)Margarine (15) Cucumber Salad (2) Milk (100) Pumpernickel Bread (154) Marg (15) Reg/Diet Chocolate Pudding (190)	15*Macaroni & Cheese(658) Stewed Tomatoes (13) Peas (58) Oat Nut Bread (230) Reg/Diet Ambrosia (21) Margarine (15) Milk (100)
<b>Total Cal: 1010 Total NA: 792</b>	<b>Total Cal: 762 Total NA: 854</b>	<b>Total Cal: 679 Total NA: 1397</b>	<b>Total Cal: 770 Total NA: 679</b>	<b>Total Cal: 948 Total NA: 1095</b>
18 American Chop Suey (210) Italian Style Vegetables Rye Bread (150) Reg/Diet Peaches (5) Margarine (15) Milk (100)	19 Baked Chicken (111) BBQ Sce(165)Carrot(44)Milk(100) Oven Brown Potatoes (237) Pumpernickel Bread(154)Marg15 Rg/Dt Butterscotch Pudding (24)	20 * Sweet Italian Sausage Bites (6) (595) Tom/Oni/Pep (120) Buttered Rotini (1) Milk (100) Scandinavian Veg (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 Reg/Diet Apple Crisp/Topp (38)	22 Potato Pollack (273) Tartar Sce(261)1/2 B'ked Pot (9) Corn Monterey (3) Milk (100) Wheat Bread (160) Marg (15) Rg/Dt Mix Fruit (5) Marg (15)
<b>Total Cal: 571 Total NA: 480</b>	<b>Total Cal: 762 Total NA: 854</b>	<b>Total Cal: 902 Total NA: 1092</b>	<b>Total Cal: 799 Total NA: 608</b>	<b>Total Cal: 794 Total NA: 841</b>
25 Salisbury Steak (370) Beef Gravy (83) Rosemary Red Roasted Pot (5) Broccoli (9) Margarine (15) Oat Nut Bread (230) Fresh Orange Milk (100)	26 Beef Burgundy (45) Buttered Noodles (6) Peas/Onions (42) Rye Bread (150) Reg/Diet Bread Pudding (210) Margarine (15) Milk (100)	27 Frozen Soup (330) Crckrs (56) Baked Chicken (111) Piccata Sce (7) Corn Casserole (448) Pumpernickel Bread (154) Reg/Diet Frozen Strawberries Margarine (15) Milk (100)	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.Vegetable 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)
<b>Total Cal: 590 Total NA: 812</b>	<b>Total Cal: 826 Total NA: 568</b>	<b>Total Cal: 937 Total NA: 1221</b>	<b>Total Cal: 1025 Total NA: 701</b>	<b>Total Cal: 601 Total NA: 1020</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