

April 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
1 Minestrone Soup (41) Crkrs (56) Baked Chicken (111) Carmel Lime Glaze (150) Delmonico Potatoes (69) Oat Nut Bread (150) Marg (15) Reg/Diet Pears (5) Milk (100) Total Cal: 655 Total NA: 586	2 Taco Salad Bowl (277) Shredded Cheese (91) Shredded Lettuce (6) Yellow Rice (2) Tortilla Chips (46) Salsa (182) Fresh Orange, Milk (100) Total Cal: 655 Total NA: 704	3 Asian Chicken Meatballs (836) Shredded Cabbage (10) Oriental Blend Vegetables Brown Rice (6) Wheat Bread (160) Reg Frosted Birthday Cake (230) Dt Angel Cake, Marg(15)Milk(100) Total Cal: 791 Total NA: 1357	4 COLD PLATE Cape Cod Chicken Salad / Cranberries & Celery (220) NEW Macaroni Salad (152) Milk (100) Tomato & Cucumber Salad (4) Hot Dog Bun(180)R/D Fz. Strawb Total Cal: 1039 Total NA: 656	5 CATCH OF THE DAY Haddock (222) Dill Sce (147) Rice Pilaf (12) Carrots (44) Milk (100) Rye Bread (150) Marg (15) Reg/Dt Chocolate Pudding (190) Total Cal: 566 Total NA: 880
8 Hungarian Goulash (78) Buttered Noodles (6) Mixed Vegetables (43) 12 Grain Bread (200) Reg/Diet Bread Pudding (210) Margarine (15) Milk (100) Total Cal: 804 Total NA: 652	9 Mexican Twist Pasta (440) Spinach (76) Tossed Salad (4) Italian Dr (119) Oat Nut Bread (150) Rg Lemon Pud (200)Dt Vanil Pud Margarine (15) Milk (100) Total Cal: 786 Total NA: 1104	10 RED SOX OPENING DAY *Hot Dog (540) Mustard (55) Relish (81) Beef & Bean Chili (Baked Beans (132) Cole Slaw (167) Hot Dog Bun(180) Sh Cheese (91) Dic'dOnions,FreshApple,Milk(100) Total Cal: 926 Total NA: 1346	11 *Roast Turkey (607) Turkey Gravy (19) Cranb. Sce (8) Herb Stuffing (144) Marg (15) Butternut Squash (35) Pumpernickel Bread (154) Reg/Diet Peaches (5) Milk (100) Total Cal: 634 Total NA: 1087	12 *Macaroni & Cheese (658) Stewed Tomatoes (13) Peas/Pearl Onions (42) Wheat Bread (160) Reg/Diet Mixed Fruit (5) Margarine (15) Milk (100) Total Cal: 763 Total NA: 993
15 PATRIOT'S DAY <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">(NO MEALS)</p> Total Cal: Total NA:	16 Roast Pork (330) Pork Gr (81) Garlic/Chive Mashed Potatoes (46) Butternut Squash (35) Whole Wheat Dinner Roll (190) Rg P.A. Upside Down Cake (230) Diet Angel Cake, Marg (15)Milk (100) Total Cal: 751 Total NA: 1027	17 Kale Lentil Soup (81) NEW Baked Chicken (111) Crks (56) Wine Sauce (18) ½ Baked Potato (9) Sour Cr (13) 12 Grain Bread (200) Milk (100) Rg/Dt Mixed Fruit (5) Marg (15) Total Cal: 841 Total NA: 608	18 American Chop Suey (210) Broccoli/Cauliflower Italian Bread (171) Reg/Diet Ambrosia (21) Margarine (15) Milk (100) Total Cal: 720 Total NA: 517	19 GOOD FRIDAY/COLD PL. Tuna Salad (458) Potato Salad (192) Pickled Beets (197) Hot Dog Bun (180) Fresh Banana (1) Milk (100) Total Cal: 921 Total NA: 1128
22 Cabbage Roll Skillet (337) White Rice (3) Margarine (15) Italian Blend Vegetables Pumpernickel Bread (154) Rg/Dt Applesauce (9) Milk (100) Total Cal: 601 Total NA: 618	23 Baked Chicken (111) Sweet & Sour Sauce (180) Fried Rice (129) Margarine (15) Green Beans (2) Oat Nut Br (150) Rg/Dt Pineapple (1) Milk (100) Total Cal: 728 Total NA: 688	24 Pot Roast (33) Beef Gr (83) Hot German Potato Salad (210)NEW Mixed Vegetables (43) Milk (100) W. W. Dinner Roll (190) Marg (15) Rg Tapioca Pud (121)Diet Vanilla Total Cal: 563 Total NA: 794	25 Pulled Pork (55) BBQ Sce (165) Cheesy Shredd. Potato Cass (207) Cole Slaw (167) Rye Bread (150) Reg Poke Cake (352) Margarine (15) Diet (1) Oatmeal Cookie, Milk (100) Total Cal: 1139 Total NA: 1211	26 W.G. Veg. Lasagna (370) Tomato Sauce (6) Milk (100) Tuscan Blend Vegetables (35) 12 Grain Bread (200) Marg (15) Fresh 4 oz.Dried Cranberries (4) Total Cal: 626 Total NA: 730
29 Salisbury Steak (370) Mushroom Gravy (129) ½ Baked Potato (9) Margarine (15) Broccoli (9) Milk (100) Wheat Bread (160) Marg (15) Rg P.A. Rice Pud (160) Dt Vanilla Total Cal: 683 Total NA: 957	30 COLD PLATE Cauliflower/Broccoli Soup (97) Crackers (56) 2 oz. Deli Turkey (322) Mayo (64) 1 oz. Swiss Cheese (20) > Carrot & Raisin Salad (145) > Total Cal: 957 Total NA: 1042	Hamburg Bun (230) Milk (100) Fresh 4 oz. Raisins (8) Total Cal: Total NA:	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 Total Cal: Total NA:	Suggested Voluntary Donation \$2.00 Per Meal Menu Subject To Change w/o Notice Puree Meals Available Call GSSSI 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