

May 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 & Calories Based On Regular Dessert</p>	<p>Suggested Voluntary Donation \$2.00 Per Meal Menu Subject To Change w/o Notice Puree Meals Available Call GSSSI</p>	<p>1 Baked Chicken (111) Wine Sce(18)Spanish Rice (95)^{NEW} Winter Mix Vegetables (31) Rye Bread (150) Margarine (15) Reg Frosted Birthday Cake (230) Diet Angel Cake Milk (100)</p>	<p>2 W.G. Breaded Alaskan Pollack (220) Tartar Sauce (261) Au Gratin Potatoes (195) Peas/Carrots (90) Milk (100) 12 Grain Bread (200) Marg (15) Reg/Diet Mixed Fruit (5)</p>	<p>3 <u>CINCO DE MAYO</u> Taco Bowl (277) Shredded Cheese (91) Shredded Lettuce (6) Salsa (182) Yellow Rice(2) Tortilla Chips(46) Fresh Orange Milk (100)</p>
Total Cal: Total NA:	Total Cal: Total NA:	Total Cal: 846 Total NA: 750	Total Cal: 924 Total NA: 1086	Total Cal: 655 Total NA: 704
<p>6 Potato Chowder (180) Crkrs (56) Seasoned Beef Strips (408) Sauteed Onions & Peppers (28) Cole Slaw (167) Hamburg Bun (230) Milk (100) Reg/Diet Dried Cherries (10)</p>	<p>7 Baked Chicken (111) Tarragon Mushroom Sauce (53) Scalloped Potatoes (91) Tuscan Vegetables (35) Wheat Bread (160) Marg (15) Fresh Apple Milk (100)</p>	<p>8 <u>MOTHER'S DAY LUNCH</u> Roast Pork (330) Pork Gr (81) Rosemary Garlic Red Roasted Potatoes (5) Butternut Squash (35) Whole Wheat Dinner Roll (190) R/D Straw Shortcake/W.Top (269)</p>	<p>9 Salisbury Steak (370) Beef Gr (83) Mashed Potatoes (46) Mixed Vegetables (43) Oat Nut Bread (150) Reg/Diet Fruited Jell-O (10) Margarine (15) Milk (100)</p>	<p>10 Chicken Meatballs (280) Tomato Sauce (6) Milk (100) W.W. Pasta Tomato Sauce (6) Tossed Salad (4) Italian Dress (119) Italian Bread (171) Marg (15) Rg/Dt Chocolate Pudding (190)</p>
Total Cal: 996 Total NA: 1173	Total Cal: 851 Total NA: 565	Total Cal: 852 Total NA: 1025	Total Cal: 646 Total NA: 807	Total Cal: 822 Total NA: 891
<p>13 American Chop Suey (210) Winter Mix Vegetables (31) Rye Bread (150) Reg/Diet Peach Crisp/Wh.Top (39) Margarine (15) Milk (100)</p>	<p>14 <u>CATCH OF THE DAY</u> Haddock (222) Dill Sauce (147) Tuxedo Rice (34) Carrots (44) Milk (100) 12 Grain Bread (200) Marg (15) Reg/Diet Frozen Strawberries</p>	<p>15 Chicken A-La-King (122) Mashed Potatoes (46) Peas/Pearl Onions (42) Pumpnickel Bread (154) Reg/Diet Ambrosia (21) Margarine (15) Milk (100)</p>	<p>16 * Hot Dog (540) Mustard (55) Relish (81) Baked Beans (132) Confetti Cole Slaw (165) Hot Dog Bun (180) Fresh Pear Milk (100)</p>	<p>17 Cauliflower Cheddar Soup (198) Crkrs (56)Milk (100) Baked Chicken (111) Apricot GI (2) Sweet Potatoes (33) Wheat Bread (160) Margarine (15) Reg/Diet Pineapple (1)</p>
Total Cal: 758 Total NA: 545	Total Cal: 476 Total NA: 762	Total Cal: 797 Total NA: 500	Total Cal: 890 Total NA: 1255	Total Cal: 720 Total NA: 676
<p>20 Baked Chicken (111) Honey Mustard Sauce (290) Delmonico Potatoes (69) Mixed Veget (43) Rye Bread (150) Rg Lemon Pud (200) Dt Van Pud</p>	<p>21 <u>COLD PLATE</u> Escarole Bean Soup (141)Crks(56) Tuna Salad (458) Pickled Beets (197) Milk (100) Hot Dog Bun(180)Fresh Banana(1)</p>	<p>22 *Mexican Mac & Cheese (611) Jardiniere Vegetables (50) Tossed Salad (4) Italian Dr (119) Wheat Bread (160) Margarine (15) Rg/Dt Mixed Fruit (5) Milk (100)</p>	<p>23 * Roast Turkey (607) Turkey Gr (19) Cranberry Sce (8) Herb Dressing (144)Butternut Sq (35) W. W. Dinner Roll (190) Marg (15) Rg/Dt Peach Chiffon (83) Milk (100)</p>	<p>24 Cheese Omelet (210) (2) Fr. Toast Sticks (300) Rg/Dt Maple Syrup (23) Hash Brown Coins (34) Sausage Pattie(206) Ketchup(82) Rg/Dt Fruit Compote (8)</p>
Total Cal: 1023 Total NA: 977	Total Cal: 755 Total NA: 1134	Total Cal: 736 Total NA: 1064	Total Cal: 679 Total NA: 1201	Total Cal: 878 Total NA: 962
<p>27 MEMORIAL DAY CLOSED (NO MEALS)</p>	<p>28 Lazy Stuffed Peppers (138) Italian Blend Vegetables 12 Grain Bread (200) Reg/Diet 4 oz. Raisins (5) Margarine (15) Milk (100)</p>	<p>29 Pollock Loin (97) Tomatoes & Onions (7) Rice Pilaf (12) Spinach (76) Margarine (15) Oat Nut Bread (150) Fresh Apple Milk (100)</p>	<p>30 Pulled Pork (55)BBQ Sce (165) 4 oz. Macaroni & Cheese (282) Fresh Carrot Crudite (4) NEW Ranch Dressing (119) Marg (15) Pumpnickel Bread (154) Rg/Dt Applesauce (9) Milk (100)</p>	<p>31 Baked Chicken (111) Wine Sce (18) Baked Potato (9) Zuc/Tom(81)Marg(15)Milk(100) Wheat Bread (160) Sour Cr (13) R(2)OatmCookie(170),Dt(1)Cook</p>
Total Cal: Total NA:	Total Cal: 545 Total NA: 458	Total Cal: 545 Total NA: 457	Total Cal: 748 Total NA: 907	Total Cal: 833 Total NA: 676

*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