

May 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
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) 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)	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)	3 <u>CINCO DE MAYO</u> Taco Bowl (277) Shredded Cheese (91) Yellow Rice (2) Corn (1) Dinner Roll (160) Marg (15) Fresh Orange Milk (100)
Total Cal: Total NA:	Total Cal: Total NA:	Total Cal: 846 Total NA: 750	Total Cal: 929 Total NA: 1086	Total Cal: 743 Total NA: 646
6 Chili Soup (293) Crkrs (56) Seasoned Beef Strips (408) Sauteed Onions & Peppers (28) Yellow Rice (2) Hamburg Bun (230) Milk (100) Reg/Diet Dried Cherries (10)	7 Baked Chicken (111) Tarragon Mushroom Sauce (53) Scalloped Potatoes (91) Tuscan Vegetables (35) Wheat Bread (160) Marg (15) Fresh Apple Milk (100)	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)	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)	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)
Total Cal: 836 Total NA: 1120	Total Cal: 851 Total NA: 565	Total Cal: 852 Total NA: 1025	Total Cal: 646 Total NA: 807	Total Cal: 822 Total NA: 891
13 American Chop Suey (210) Winter Mix Vegetables (31) Rye Bread (150) Reg/Diet Peach Crisp/Wh.Top (39) Margarine (15) Milk (100)	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	15 Chicken A-La-King (122) Mashed Potatoes (46) Peas/Pearl Onions (42) Pumpernickel Bread (154) Reg/Diet Ambrosia (21) Margarine (15) Milk (100)	16 * Hot Dog (540) Mustard (55) Relish (81) Baked Beans (132) Confetti Cole Slaw (165) Hot Dog Bun (180) Fresh Pear Milk (100)	17 Baked Chicken (111) Apricot Glaze (2) Sweet Potatoes (33) Green Beans (2) Milk (100) Wheat Bread (160) Margarine (15) Reg/Diet Pineapple (1)
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: 615 Total NA: 421
20 Baked Chicken (111) Honey Mustard Sce(290)Marg (15) Delmonico Potato (69) Milk (100) Mixed Veg (43) Rye Bread (150) Rg Lemon Pud (200) Dt Van Pud	21 <u>COLD PLATE</u> Chili Soup (293) Crkrs (56) Tuna Salad (458) Milk (100) Pickled Beets(197) Hot Dog Bun(180)Fresh Banana(1)	22 * Mexican Mac & Cheese (611) Jardiniere Vegetables (50) Tossed Salad (4) Italian Dr (119) Wheat Bread (160) Marg (15) Rg/Dt Mixed Fruit (5) Milk (100)	23 * Roast Turkey (607) Turkey Gr (19)Cranberry Sce (9) Herb Dressing (144)Butternut Sq (35) W. W. Dinner Roll (190) Marg (15) Rg/Dt Peach Chiffon (83) Milk (100)	24 Cheese Omelet (210) Sausage Pattie (206) Milk (100) Hash Brown Coins(34)Marg(15) Hot Cinnamon Sl. Apples (20) Dinner Roll (160) Ketchup (82) Reg/Diet Fruit Compote (8)
Total Cal: 1023 Total NA: 977	Total Cal: 790 Total NA: 1382	Total Cal: 736 Total NA: 1064	Total Cal: 679 Total NA: 1201	Total Cal: 798 Total NA: 835
27 <u>MEMORIAL DAY</u> CLOSED (NO MEALS)	28 Lazy Stuffed Peppers (138) Italian Blend Vegetables 12 Grain Bread (200) Reg/Diet 4 oz. Raisins (5) Margarine (15) Milk (100)	29 Pollock Loin (97) Tomatoes & Onions (7) Rice Pilaf (12) Spinach (76) Oat Nut Bread (150) Marg (15) Fresh Apple Milk (100)	30 Pulled Pork(55) BBQ Sce (165) 4 oz. Macaroni & Cheese (282) Fresh Carrot Crudite (4) NEW Ranch Dressing (119) Marg (15) Pumpernickel Bread (154) Rg/Dt Applesauce (9) Milk (100)	31 Baked Chicken (111) Wine Sce (18) ½ Bked Potato (9) Zuc/Tom(81)Marg(15)Milk(100) Wheat Bread (160) Sour Cr (13) R(2) Oatm Cook(170),Dt(1)Cookie
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