

June 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
3 Vegetable Pasta Bake (299) Spinach (76) Tossed Salad (4) Italian Dr (119) Wheat Bread (160) Reg/Diet Peaches (5) Margarine (15) Milk (100) Total Cal: 659 Total NA: 778	4 Baked Chicken (111) BBQ Sauce (165) Baked Potato (9) Carrots (44) Sour Cream (13) Oat Nut Bread (150) Marg (15) Reg/Diet Pears (4) Milk (100) Total Cal: 725 Total NA: 611	5 COLD PLATE Lasagna Soup (191) Crackers (56) Egg Salad (246) Tomato/Onion Salad (5) Hot Dog Bun (180) Milk (100) Reg B'day Cake (230) Diet Angel Total Cal: 883 Total NA: 1008	6 Meatloaf (168) Beef Gr (83) Mashed Potatoes (46) Roman Blend Vegetables (26) Rye Bread (150) Margarine (15) Reg Tapioca Pudding (121) Diet Vanilla Pudding, Milk (100) Total Cal: 569 Total NA: 709	7 Pollock Fish Loin (97) Latino Red Pepper Sauce (86) Scalloped Potatoes (91) Green Beans (2) 12 Grain Bread (200) Marg (15) Fresh Orange, Milk (100) Total Cal: 770 Total NA: 591
10 Baked Chicken (111) Wine Sauce (18) Curried Chick Pea Rice (366) NEW Broccoli (9) Rye Bread (150) Fresh Apple, Marg (15) Milk (100) Total Cal: 846 Total NA: 769	11 American Chop Suey (210) Italian Blend Vegetables 12 Grain Bread (200) Reg/Diet Fruit Compote (8) Margarine (15) Milk (100) Total Cal: 744 Total NA: 533	12 FATHER'S DAY CELEBRATION Pot Roast (33) Mushroom Gr (129) Red Roasted Oven Potatoes (5) Carrots (44) Margarine (15) W. W. Dinner Roll (190) Milk (100) *Rg/Dt Peach Shortcake/Top (539) Total Cal: 820 Total NA: 1055	13 Potato Pollock (273) Tartar Sauce (261) Au Gratin Potatoes (195) Cucumber Salad (2) Milk (100) Oat Nut Bread (150) Marg (15) Reg/Diet Applesauce (9) Total Cal: 1012 Total NA: 1005	14 Salisbury Steak (370) Beef Gravy (83) Mashed Potatoes (46) Milk (100) Summer Blend Vegetables (50) Wheat Bread (160) Marg (15) Rg/Dt Butterscotch Pudd (240) Total Cal: 622 Total NA: 1064
17 Seasoned Beef Steak (408) Beef Gravy (83) Delmonico Potatoes (69) Tuscan Blend Vegetables (35) 12 Grain Bread (200) Margarine (15) Reg/Diet Mixed Fruit (5) Milk (100) Total Cal: 737 Total NA: 915	18 Cabbage Chicken Soup (41) Crackers (56) * Mediterranean Chicken Salad (533) Celery Salad (184) Hot Dog Bun (180) NEW Fresh Banana, Milk (100) Total Cal: 671 Total NA: 1095	19 CATCH OF THE DAY Haddock (222) Dill Sauce (147) Rice Pilaf (12) Milk (100) Genoa Blend Vegetables (39) Oat Nut Bread (150) Marg (15) Reg/Diet Chocolate Pudding (190) Total Cal: 636 Total NA: 875	20 W. G. Lasagna (370) Tomato Sauce (6) Cauliflower Supreme (17) Tossed Salad (4) Italian Dr (119) W. W. Dinner Roll (190) Marg (15) Reg/Diet Ambrosia (21) Milk (100) Total Cal: 628 Total NA: 842	21 1st DAY OF SUMMER Hamburger (300) Ketchup (82) Potato Salad (192) Cole Slaw (167) Hamburg Bun (230) Milk (100) Reg/Diet Frozen Strawberries Total Cal: 953 Total NA: 1071
24 Minestrone Soup (41) Crkrs (56) Chicken Meatball Stroganoff (420) Buttered Noodles (6) Milk (100) Rye Bread (150) Margarine (15) Reg Lemon Pud (200) Dt Vanilla Total Cal: 838 Total NA: 988	25 Taco Bowl (277) Salsa (182) Shred Lettuce (6) Shred Cheese (91) Yellow Rice (2) Tortilla Chips (46) Reg (2) Choc. Chip Cookies (112) Dt (1) Ch. Chip Cookie, Milk (100) Total Cal: 763 Total NA: 816	26 Baked Chicken (111) Honey Mustard Sce (290) Marg (15) Oven Brown Potatoes (237) Broccoli (9) Wheat Bread (160) Rg/Dt Pineapple (1) Milk (100) Total Cal: 767 Total NA: 923	27 * Hot Dog (540) Mustard (55) Relish (81) Baked Beans (132) Cole Slaw (167) Hot Dog Bun (180) Fresh Orange, Milk (100) Total Cal: 858 Total NA: 1255	28 * Roast Turkey (607) Turk Gr (19) Cranberry Sce (8) Herb Stuffing (144) Milk (100) Butternut Squash (35) Marg (15) W.W. Dinner Roll (190) Reg/Diet Mixed Fruit (5) Total Cal: 648 Total NA: 1123
		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
Total Cal: Total NA:	Total Cal: Total NA:	Total Cal: Total NA:	Total Cal: Total NA:	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