

June 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
3 Vegetable Pasta Bake (299) Double Spinach (76) Wheat Bread (160) Reg/Diet Peaches (5) Margarine (15) Milk (100)	4 Baked Chicken (111) BBQ Sauce (165) ½ Baked Potato (9) Carrots (44) Sour Cream (13) Oat Nut Bread (150) Marg (15) Reg/Diet Pears (4) Milk (100)	5 <u>COLD PLATE</u> Frozen Vegetable Soup (293) Egg Salad (246) Crackers (56) Tomato/Onion Salad (5) Hot Dog Bun (180) Milk (100) Reg B'day Cake (230) Diet Angel	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)	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: 644 Total NA: 730	Total Cal: 725 Total NA: 611	Total Cal: 861 Total NA: 1110	Total Cal: 569 Total NA: 709	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)	11 American Chop Suey (210) Italian Blend Vegetables 12 Grain Bread (200) Reg/Diet Fruit Compote (8) Margarine (15) Milk (100)	12 <u>FATHER'S DAY CELEBRATION</u> 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)	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)	14 Salisbury Steak (370) Beef Gravy (83) Mashed Potatoes (46) Milk (100) Summer Blend Vegetables (50) Wheat Bread (160) Marg (15) Reg/Dt Butterscotch Pudd (240)
Total Cal: 846 Total NA: 769	Total Cal: 744 Total NA: 533	Total Cal: 820 Total NA: 1055	Total Cal: 1012 Total NA: 1005	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)	18 Frozen Minestrone Soup (330) Crackers (56) * Mediterranean Chicken Salad (533) Celery Salad (184) Hot Dog Bun (180) NEW Fresh Banana (1) Milk (100)	19 <u>CATCH OF THE DAY</u> 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)	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)	21 <u>1st DAY OF SUMMER</u> Hamburger (300)Beef Gr (83) Mashed Potatoes (46) Cole Slaw (167) Hamburg Bun (230) Milk (100) Reg/Diet Frozen Strawberries
Total Cal: 737 Total NA: 915	Total Cal: 714 Total NA: 1384	Total Cal: 636 Total NA: 875	Total Cal: 628 Total NA: 842	Total Cal: 706 Total NA: 941
24 Chicken Meatball Stroganoff (420) Milk (100) Buttered Noodles (6) Marg (15) Wax Beans (2) Rye Bread (150) Reg Lemon Pudd (200) Dt Vanilla	25 Taco Bowl (277) Marg (15) Shred Cheese (41) Yellow Rice (2) Corn (1) Dinner Roll (160) Reg (2) Choc. Chip Cookies (112) Dt (1) Ch. Chip Cookie, Milk (100)	26 Baked Chicken (111) Honey Mustard Sce(290)Marg (15) Oven Brown Potatoes (237) Broccoli (9) Wheat Bread (160) Reg/Dt Pineapple (1) Milk (100)	27 * Hot Dog (540) Mustard (55) Relish (81) Baked Beans (132) Cole Slaw (167) Hot Dog Bun (180) Fresh Orange, Milk (100)	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)
Total Cal: 783 Total NA: 893	Total Cal: 851 Total NA: 708	Total Cal: 767 Total NA: 923	Total Cal: 858 Total NA: 1255	Reg/Diet Mixed Fruit (5)
		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: 648 Total NA: 1123
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