

October 2022

Greater Springfield Senior Services, Inc.

Community Dining Menu UPDATED 9/1/2022

For Reservations or Cancellations call by 11:30 a.m. the day before at the site you attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Mac & Cheese (285) Stewed Tomatoes(221) Whole Wheat Bread (115) Cranberry Juice (3) Reg/Diet Pudding(200)	<b>4</b> Shepherd's Pie(211) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Pears(38)	<b>5</b> BBQ Pulled Pork(111) Glazed Carrots(77) ½ Baked Sweet Potato(22) Wheat Bun(230) Pound Cake(240)	<b>6</b> Fish Sticks(560) w/Tartar(130) Brussels Sprouts(12) Brown Rice Pilaf(12) Whole Wheat Roll(210) Chilled Peaches(6)	<b>7</b> Cranberry Glazed Chicken(454) Steamed Spinach(76) Au Gratin Potatoes(195) Whole Wheat Bread(115) Mandarin Oranges(7)
Cal:664 Carb:97 Na:939	Cal:659 Carb:72 Na:622	Cal:797 Carb:82 Na:1100	Cal:781 Carb:118 Na:1143	Cal:720 Carb: Na:960
<b>10</b>  <b>HOLIDAY- NO MEALS</b>	<b>11</b> American Chop Suey(211) Roman Blend Veg(35) Wheat Roll(210) Reg/Diet Cookie(105)	<b>12 HIGH SODIUM DAY</b> Steak and Cheese Sandwich*(618) Onions & Peppers(81) Minestrone Soup(440) Hot Dog Bun(210) Peach Crisp(36)	<b>13</b> Jamaican Jerk Chicken(164) Steamed Broccoli(9) Coconut Rice(172) Whole Wheat Bread(115) Mixed Fruit(5)	<b>14</b> Eggplant Parm*(659) Tossed Salad w/Italian(123) Penne Pasta(1) Blueberry Snack Loaf(160) Reg/Diet Jello
	Cal:727 Carb:102 Na:700	Cal:673 Carb:86 Na:1499	Cal:646 Carb:78 Na:579	Cal:882 Carb:117 Na:992
<b>17</b> Turkey Chili(245) Sour Cream(9) Mixed Vegetables(53) ½ Baked Potato(9) Mini Cornbread(80) Fresh Fruit(1)	<b>18</b> Potato Pollock Filet(270) Tartar(130) Steamed Broccoli(9) Lemon Rice(19) Whole Wheat Bread(115) Chilled Pears(4)	<b>19 BIRTHDAY CELEBRATION</b> Chicken Cordon Bleu(550) Brussels Sprouts(12) Sweet Potatoes(33) Rye Bread(150) Birthday Cupcake(140)/Diet Cake	<b>20</b> Meatloaf w/Mushroom Gravy(391) Stewed Zucchini/Tomato (75) Steamed Peas(97) Whole Wheat Bread(115) Reg(109)/Diet Cookies	<b>21</b> Broccoli Alfredo Pasta(494) Steamed Spinach(76) Orange Juice(26) Whole Wheat Roll(210) Chilled Peaches(6)
Cal:790 Carb:118 Na:652	Cal:615 Carb:75 Na:532	Cal:774 Carb:93 Na:999	Cal:622 Carb:67 Na:902	Cal:646 Carb:100 Na:927
<b>24</b> Ravioli w/Meatsauce(355) Italian Blend Veg(19) Italian Bread(230) Reg/Diet Cookies(105)	<b>25</b> Chicken Nuggets(321) Ketchup pkt(82) Green Beans(13) Steamed Corn(1) Whole Wheat Bread(115) Reg(35)/Diet Jello	<b>26</b> Pot Roast w/Gravy (22) Broccoli(9) Garlic Mashed Potatoes(117) Whole Wheat Bread(115) Fresh Fruit(1)	<b>27</b> Turkey Sloppy Joe*(570) Coleslaw(118) Tater Tots(28) Hamburger Bun(230) Mixed Fruit(5)	<b>28</b> Butter Crumb Fish(444) Steamed Carrots(44) Rice Pilaf(12) Tartar(130) Wheat Roll(210) Chilled Apricots(10)
Cal:737 Carb:88 Na:718	Cal:575 Carb:71 Na:674	Cal:594 Carb:77 Na:399	Cal:771 Carb:95 Na:1066	Cal:675 Carb:83 Na:964
<b>31 HALLOWEEN MEAL</b> Chilling Chicken Pot Pie(243) Spooky Steamed Green Beans(5) Broomstick Biscuit Topping(170) Frightening Fudge Cookie(85)	<b>Key for Symbols:</b> Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	<b>Suggested voluntary donation \$2/meal</b> <b>Menu subject to change without notice.</b>	<b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp; margarine(15mg Na).</b>	<b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 136 for more information.</b>
Cal:579 Carb:59 Na:618				