

April 2023

Greater Springfield Senior Services, Inc.

Community Dining Menu UPDATED 03/02/2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sweet & Sour Pork(127) Pacific Blend Veg(25) White Rice(4) Mini Cornbread(80) Fresh Fruit(2)	4 Salmon Piccata(241) Broccoli(9) Penne Pasta(1) WW Bread(115) Chilled Pears(4)	5 Springtime Holiday Meal Broccoli Cheddar Stuffed Chicken(410) Herbed Green Beans(3) ½ Sweet Potato(33) Dinner Roll(150) Fudge Round Cookie (85)	6 Meatloaf w/Mushroom Gravy(301) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Cookie(75)/Diet Cookie	7 Broccoli Alfredo Pasta(494) Steamed Spinach(76) Orange Juice(26) Whole Wheat Roll(210) Chilled Peaches(6)
Cal:769 Carb:98 Na:352	Cal:574 Carb:77 Na:485	Cal:669 Carb:82 Na:774	Cal:674 Carb:77 Na:853	Cal:646 Carb:100 Na:927
10 Roasted Red Pepper Ravioli(211) Italian Blend Veg(19) Italian Bread(230) Oreo Cookie(150)	11 Popcorn Chicken(456) Broccoli (9) Rice Pilaf(12) BBQ Sauce(160) WW Bread(115) Reg/SF Jello w/Topping(47)	12 Turkey Sloppy Joe*(570) Coleslaw(122) Multigrain Sun Chips(110) Hamburger Bun(230) Mixed Fruit(5)	13 Pot Roast w/Gravy (22) Brussels Sprouts(12) Garlic Mashed Potatoes(117) Whole Wheat Bread(115) Fresh Fruit(1)	14 Butter Crumb Fish(296) Dill Carrots(62) Lemon Rice(19) Tartar Sauce(123) Wheat Roll(115) Mandarin Oranges (7)
Cal:537 Carb:76 Na:725	Cal:538 Carb:72 Na:913	Cal:767 Carb:92 Na:1151	Cal:606 Carb:77 Na:413	Cal:620 Carb:72 Na:743
17 <p style="text-align: center;">HOLIDAY- NO MEALS</p>	18 Chicken Pot Pie(269) Steamed Green Beans(5) Biscuit Topping(170) Pear Crisp(98)	19 Turkey Taco Plate(347) Zesty Corn Salad(171) Yellow Rice(29) Sour Cream(9) Tortilla Chips(115) Chilled Peaches(6)	20 HIGH SODIUM DAY Steak and Cheese Sandwich*(658) Onions & Peppers(81) Potato Salad(214) Whole Wheat Bun(230) Reg(79)/Diet Cookies	21 April Birthday Celebration Chicken Marsala*(579) Tossed Salad w/Italian(123) Penne w/Sauce(58) Whole Wheat Roll(210) Birthday Cupcake(240)/Diet Cake
	Cal:641 Carb:66 Na:657	Cal:888 Carb:104 Na:941	Cal:746 Carb:69 Na:1299	Cal:657 Carb:91 Na:1161
24 Creamy Pesto Tortellini*(674) Broccoli(9) Whole Wheat Bread(115) Reg(150)/Diet Cookie	25 Korean Meatballs(577) Pacific Blend Veg(27) White Rice(4) Oatnut Bread(150) Chilled Applesauce(9)	26 COLD PLATE Turkey BLT*(680) Lettuce/Tomato(2) Coleslaw(122) Wheat Bread(210) Fresh Fruit(1)	27 HIGH SODIUM DAY Hot Dog w/Bun*(750) Italian Pasta Salad(297) Baked Beans(140) Ketchup(82)/Mustard(55) Fruit Ambrosia(4)	28 “Lazy” Stuffed Peppers(135) Peas & Onions(42) Italian Bread(230) Reg/Diet Jello(53)Whip Topping(12)
Cal:711 Carb:92 Na:1062	Cal:662 Carb:106 Na:905	Cal:516 Carb:69 Na:1086	Cal:881 Carb:105 Na:1426	Cal:630 Carb:72 Na:588
If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 136 for more information.	Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	Suggested voluntary donation \$2/meal Menu subject to change without notice.	Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na).	