

**August 2020****Greater Springfield Senior Services, Inc.****Cold Supper Menu**

For Reservations or Cancellations call by 11:30 a.m. the day before at 781-2135 or Toll free 800-649-3641

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3</b> Mediterranean Pasta Salad Chickpea Salad Cucumber Salad Whole Wheat Pita Diet Butterscotch Pudding Total Cal:781 Total Na:767	<b>4</b> Turkey Club Wrap Lettuce/Tomato/Mayo Marinated Winter Blend Tortilla Applesauce Total Cal:592 Total Na:1068	<b>5</b> Classic Chicken Salad Broccoli Slaw Potato Salad Whole Wheat Bread Fresh Fruit Total Cal: 952 Total Na:835	<b>6</b> Cape Cod Tuna Salad Lettuce/Tomato Pickled Beets 12 Grain Bread Diet Cookies Total Cal:658 Total Na:1095	<b>7</b> Traditional Egg Salad 3 Bean Salad Cucumber Salad Whole Wheat Bread Diet Mandarin Oranges Total Cal: 687 Total Na:789
<b>10</b> Turkey&Swiss Pocket Shredded Lettuce/Tomato Pasta Salad Whole Wheat Pita Pineapple Total Cal:622 Total Na:909	<b>11</b> Ham Salad Tomato/Onion Salad Zucchini/Broccoli Salad Wheat Bread Diet Peaches Total Cal:796 Total Na:1006	<b>12</b> Seafood Salad Potato/Corn Salad Marinated Winter Blend Hot Dog Bun Fresh Fruit Total Cal:716 Total Na:749	<b>13</b> Lemon Pepper Chicken Salad Shredded Lettuce/Tomato Carrot Raisin Salad OatNut Bread Diet Vanilla Pudding Total Cal:768 Total Na:854	<b>14</b> California Turkey Salad Cauliflower Carrot Slaw Tri Color Pasta Salad 12 Grain Bread Diet Pears Total Cal:710 Total Na:895
<b>17</b> Ham&Swiss with Mustard German Potato Salad Broccoli Slaw Whole Wheat Bread Diet Mixed Fruit Total Cal:631 Total Na:1031	<b>18</b> Tuna Macaroni Salad Marinated Summer Blend Oat Nut Bread Diet Pudding Total Cal: 675 Total Na:757	<b>19</b> Cape Cod Chicken Salad Pickled Beets Potato Salad Cherry Snack Loaf Diet Pears Total Cal:923 Total Na:915	<b>20</b> Cottage Cheese Lettuce/Tomato Marinated Chickpeas WW Roll Diet Peaches Total Cal:695 Total Na:959	<b>21</b> Ham Frittata Tossed Salad w/Italian Tomato/White Bean Salad 12 Grain Bread Diet Cookie Total Cal:720 Total Na:858
<b>24</b> Tuna Wrap Lettuce Tomato Onion Potato&Corn Salad Tortilla Fresh Fruit Total Cal:826 Total Na:939	<b>25</b> 6 Layer Chicken Salad Pickled Beets WW Pita Mandarin Oranges Total Cal:680 Total Na:703	<b>26</b> Dilly Egg Salad Ziti Broccoli Salad 3 Bean Salad WW Roll Diet Chocolate Pudding Total Cal: 913 Total Na:1031	<b>27</b> Roast Beef and Swiss Bowtie Pasta Salad Lettuce/Tomato Rye Bread Diet Pears Total Cal:775 Total Na:546	<b>28</b> Tuna Niçoise Salad Green Bean/Pimento Salad Marinated Potato Salad Italian bread Diet Vanilla Pudding Total Cal:810 Total Na:1069
<b>31</b> Confetti Chicken Salad Cucumber Onion Salad Marinated Summer Blend Veg 12 Grain Bread Pineapple Total Cal:817 Total Na:970	Key: Total Cal= Calories of Meal Total Na= Sodium of Meal	<b>Suggested voluntary donation  \$2.00 per meal.</b>  <b>Menu subject to change  With out notice.</b>	<b>If you have a special concern  regarding the sodium,  contact the Dietitian.  Call GSSSI 781-8806 X 136  for more information.</b>	<b>Total Sodium &amp; Calories  include regular dessert,  milk (100mg Na)  &amp;margarine(15mg Na).</b>