

August 2020

Greater Springfield Senior Services, Inc.

Grab 'n Go Menu

See Grab 'n Go Schedule for information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Roast Beef and Cheddar on Rye Bread Chocolate Brownie	4 Chicken Marsala Garden Salad w/Italian Parsley Bowtie Pasta Mixed Fruit	5 Garden Salad Egg Salad Fresh Fruit	6 Pork Roast w/Gravy Cauliflower Florets ½ Baked Potato Diet Cookies	7 Santa Fe Style Salad Fresh Fruit
Total Cal: 760 Total Na:1100	Total Cal:491 Total Na:410	Total Cal:627 Total Na:825	Total Cal:504 Total Na:319	Total Cal:687 Total Na:1082
10 Chicken Salad on Wheat Fresh Fruit	11 Pasta Primavera Asparagus Spears Italian Bread Applesauce	12 Tuna & Cucumber Sandwich Chocolate Brownie	13 Dill Salmon Tuscan Blend Vegetables Scalloped Potatoes Wheat Roll Lemon Cookies	14 Veggie Hummus Wrap Mixed Berry Parfait
Total Cal:617 Total Na:1002	Total Cal:598 Total Na:377	Total Cal:820 Total Na:800	Total Cal: 604 Total Na:525	Total Cal:835 Total Na:1045
17 Italian Style Chicken Wrap Blueberry Parfait	18 Pot Roast Au Jus Steamed Carrots Mashed Potatoes Fresh Fruit	19 Apricot and Feta Salad Mixed Berry Parfait	20 Orange Glazed Chicken Stir Fry Blend Vegetables Coconut Rice Mandarin Oranges	21 Garden Salad Tuna Salad Fresh Fruit
Total Cal:630 Total Na:1050	Total Cal:489 Total Na:338	Total Cal: 760 Total Na:960	Total Cal:553 Total Na:248	Total Cal:650 Total Na:955
24 HIGH SODIUM DAY Turkey and Cheddar On Rye Bread Mixed Berry Parfait	25 "Lazy" Golompkis Over white rice Glazed Beets Fresh Fruit	26 Cranberry Walnut Salad Strawberry Parfait	27 Cheese Quesadilla Peppers + Onions Rice and Beans Cinnamon Applesauce	28 Egg Salad Sandwich on White Bread Chocolate Brownie
Total Cal:600 Total Na: 1315	Total Cal:441 Total Na:380	Total Cal:650 Total Na:690	Total Cal:554 Total Na:474	Total Cal:890 Total Na:1110
31 HIGH SODIUM DAY Grilled Chicken Caesar Salad Fresh Fruit			Key For Symbols: Cal= Calories Na= Sodium	If you have a special concern regarding the sodium, contact the GSSSI Dietitian at 781-8806 X 136 for more information.
Total Cal:647 Total Na:1270				