

**March 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>2</b> Cottage Cheese Lettuce/Tomato Marinated Chickpeas WW Roll Diet Peaches	<b>3</b> Ham Frittata Tossed Salad w/Italian Tomato White Bean Salad 12 Grain Bread Diet Cookie	<b>4</b> Tuna Wrap Lettuce Tomato Onion Potato Salad Tortilla Fresh Fruit	<b>5</b> 6 Layer Chicken Salad Pickled Beets WW Pita Mandarin Oranges	<b>6</b> Dilly Egg Salad Ziti Broccoli Salad 3 Bean Salad WW Roll Diet Chocolate Pudding
Total Cal:621 Total Na:906	Total Cal:720 Total Na:858	Total Cal:826 Total Na:939	Total Cal:680 Total Na:703	Total Cal: 913 Total Na:1031
<b>9</b> Roast Beef and Swiss Tri Color Pasta Salad Lettuce Rye Bread Diet Pears	<b>10</b> Tuna Niçoise Salad Green Bean/Pimento Salad Marinated Potato Salad Italian bread Diet Vanilla Pudding	<b>11</b> Confetti Chicken Salad Cucumber Onion Salad Marinated Summer Blend Veg 12 Grain Bread Pineapple	<b>12</b> Cheeseburger Pasta Salad Cucumber Salad Lettuce/Tomato Blueberry Snack Loaf Diet Cinnamon Apples	<b>13</b> Hummus Wrap Lettuce Tomato 3 Bean Salad WW Pita Diet Oatmeal Cookies
Total Cal:775 Total Na:546	Total Cal:810 Total Na:1069	Total Cal:817 Total Na:970	Total Cal:800 Total Na:587	Total Cal:637 Total Na:809
<b>16</b> Sliced Turkey Celery Salad Lettuce/Tomato/Mayo WW Bread Fresh Fruit	<b>17</b> Crispy Chicken Tossed Salad w/Ranch Southwest Pasta Salad WW Roll Diet Mixed Fruit	<b>18</b> Ham Salad Tomato/Onion Salad Zucchini/Broccoli Salad Wheat Bread Diet Peaches	<b>19</b> Grilled Chicken Sandwich Lettuce/Tomato/Mayo Confetti Coleslaw Burger Bun Diet Cookies	<b>20</b> Tarragon Tuna Salad Tossed Salad w/Italian English Pea Salad 12 Grain Bread Diet Pears
Total Cal:596 Total Na:970	Total Cal: 890 Total Na:1012	Total Cal:796 Total Na:1006	Total Cal: 754 Total Na:1070	Total Cal: 700 Total Na:1057
<b>23</b> Spinach Salad 3 Bean Salad Cucumber Onion Salad WW Bread Diet Mandarin Oranges	<b>24</b> Taco Pasta Salad Black Bean/Corn Salad Orange Snack Loaf Fresh Fruit	<b>25</b> Turkey and Swiss Pocket Shredded Lettuce Pasta Salad Whole Wheat Pita Diet Chocolate Pudding	<b>26</b> Classic Chicken Salad Broccoli Slaw Potato Salad Whole Wheat Bread Fresh Fruit	<b>27</b> Mediterranean Pasta Salad Chickpea Salad Cucumber Salad WW Pita Diet Butterscotch Pudding
Total Cal:749 Total Na:1118	Total Cal:1040 Total Na:860	Total Cal:623 Total Na:1050	Total Cal: 952 Total Na:835	Total Cal:781 Total Na:767
<b>30</b> Turkey Club Wrap Lettuce/Tomato/Mayo Marinated Winter Blend Tortilla Diet Cinnamon Apples	<b>31</b> Cape Cod Tuna Salad Lettuce/Tomato Pickled Beets 12 Grain Bread Diet Cookies	<b>26</b> <b>Suggested voluntary donation</b> <b>\$2.00 per meal.</b>  <b>Menu subject to change</b> <b>With out notice.</b>	<b>27</b> <b>Total Sodium &amp; Calories</b> <b>include regular dessert,</b> <b>milk (100mg Na)</b> <b>&amp;margarine(15mg Na).</b>	<b>28</b> <b>If you have a special concern</b> <b>regarding the sodium,</b> <b>contact the Dietitian.</b> <b>Call GSSSI 781-8806 X 136</b> <b>for more information.</b>
Total Cal:592 Total Na:1068	Total Cal:658 Total Na:1095			