

March 2020

Greater Springfield Senior Services, Inc.

Senior Dining Menu

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

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
| <b>2</b><br>Southwest Chicken Bake*(568)<br>Onions, Peppers, Tomatoes(28)<br>Yellow Rice(8)<br>Cornbread(282)<br>Spiced Peaches(5)             | <b>3</b><br>Turkey Pesto Pasta(122)<br>Italian Blend Veg(52)<br>Ziti Noodles(1)<br>Whole Wheat Roll(160)<br>Pear Crisp(6)  | <b>4</b><br>Florentine Stuffed Shells* (518)<br>Roman Style Vegetables(26)<br>Whole Wheat Bread(116)<br>Reg/Diet Chocolate Cake(300) | <b>5</b><br><b>Burger Bar</b><br>Burger +Condiments(314)<br>Lettuce/Tomato/Onion(60)<br>Zesty Potato Wedges(436)<br>Burger Bun(230)<br>Mixed Fruit(5) | <b>6</b><br>Baked Pollock(447)<br>Asparagus(3)<br>Rice Pilaf(2)<br>12 Grain Bread(200)<br>Reg/Diet Jello(40)                        |
| Total Cal: 659 Total Na:1005   | Total Cal: 652 Total Na:456  | Total Cal:741 Total Na:1104  | Total Cal:668 Total Na:1159   | Total Cal:848 Total Na:806  |
| <b>9</b><br>Meatball Stroganoff(429)<br>California Blend Veg(17)<br>Egg Noodles(6)<br>Whole Wheat Bread(115)<br>Spiced Pears(6)                | <b>10</b><br>Baked Stuffed Chicken(410)<br>Steamed Peas(84)<br>Mashed Potatoes(23)<br>Oat Nut Bread(150)<br>Cinnamon Applesauce(9)   | <b>11</b><br>Orange Glazed Pork(268)<br>Sautéed Spinach(76)<br>White Rice(4)<br>Whole Wheat Roll(160)<br>Mandarin Oranges(17)        | <b>12</b><br>Fish Tacos(320)<br>Confetti Slaw(165)<br>Yellow Rice(2)<br>Two Flour Tortillas(340)<br>Fresh Fruit(1)                                    | <b>13</b><br>Mac and Cheese(282)<br>Stewed Tomatoes(221)<br>Orange Snack Loaf(120)<br>Warm Fruit Compote(5)                         |
| Total Cal:687 Total Na:688   | Total Cal:704 Total Na:831   | Total Cal:627 Total Na:639   | Total Cal:937 Total Na:943  | Total Cal:671 Total Na: 1022  |
| <b>16</b><br>Mini Ravioli(439)<br>Meat Sauce(62)<br>Tuscan Blend Veg(35)<br>Whole Wheat Bread(115)<br>Apple Crisp(38)                          | <b>17 St. Patrick's Day/HIGH SODIUM DAY</b><br>Corned Beef*(805)<br>Cabbage and Carrots(62)<br>Boiled Potatoes(6) Mustard(55)<br>Rye Bread(150)<br>Diet Pistachio Pudding(110) | <b>18</b><br>Chicken Da Vinci*(549)<br>Brussels Sprouts(8)<br>Ziti Noodles(1)<br>12 Grain Bread(200)<br>Chilled Peaches(8)           | <b>19</b><br>Carolina BBQ Pork Slider(415)<br>Steamed Corn(1)<br>Sweet Potatoes(33)<br>Club Roll(340)<br>Fresh Fruit                                  | <b>20 Fish Fry Friday</b><br>Crispy Fish Filet(300)<br>Coleslaw(281)<br>Tater Tots(34)<br>Whole Wheat Bread(115)<br>Spiced Pears(6) |
| Total Cal:741 Total Na:937   | Total Cal:617 Total Na:1303  | Total Cal:681 Total Na:882   | Total Cal:787 Total Na:903  | Total Cal: 879 Total Na:1112  |
| <b>23</b><br>Eggplant Rollatini(291)<br>Steamed Broccoli(11)<br>Ziti with Marinara(152)<br>Italian Bread(230)<br>Reg/Diet Oatmeal Cookies(170) | <b>24</b><br>Roast Turkey with Gravy(99)<br>Seasoned Cauliflower(17)<br>Yellow Rice(2)<br>Multigrain Bread(200)<br>Fresh Fruit(1)  | <b>25</b><br>Meatloaf w/Mushroom Gravy(297)<br>Garlic Green Beans(2)<br>Mashed Potatoes(46)<br>12 Grain Bread(200)<br>Mixed Fruit    | <b>26</b><br>Chicken Teriyaki(450)<br>Stir Fry Blend Vegetables(23)<br>White Rice(4)<br>Cherry Snack Loaf(240)<br>Pineapple(1)                        | <b>27</b><br>Cheesy 3 Bean Chili(306)<br>½ Baked Potato(4)<br>Steamed Peas(58)<br>Oat Nut Bread(150)<br>Reg/Diet Lemon Pudding(161) |
| Total Cal:766 Total Na:932   | Total Cal:649 Total Na: 434  | Total Cal:574 Total Na: 641  | Total Cal:650 Total Na:834  | Total Cal:784 Total Na:794  |
| <b>30</b><br>Chicken and Gravy*(593)<br>Sautéed Spinach(76)<br>Mashed Potatoes(46)<br>Buttermilk Biscuit(200)<br>Applesauce(9)                 | <b>31 HIGH SODIUM DAY</b><br>Hot Dog* with Bun(720)<br>Mustard(55) Relish(81) Ketchup(82)<br>Chopped Onions and Peppers(28)<br>Baked Beans(132)<br>Peach Crisp(4)              | <b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp; margarine(15mg Na).</b>                                 | <b>Menu subject to change without notice.</b><br><b>Suggested voluntary donation \$2 per meal</b>   | <b>If you have a special concern regarding sodium, contact the Nutritionist. Call GSSSI 781-8806 X 136 for more information.</b>    |
| Total Cal:632 Total Na:1039  | Total Cal:621 Total Na:1217  |  |   |   |