

March 2020

Greater Springfield Senior Services, Inc.

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