

March 2020

Greater Springfield Senior Services, Inc.

Latino 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* Onions, Peppers, Tomatoes Yellow Rice Cornbread Spiced Peaches Total Cal: 659 Total Na:1005	3 Arroz con Pollo Italian Blend Veg(52) Whole Wheat Roll(160) Pear Crisp(6) Total Cal: 652 Total Na:456	4 Sausage and Rice Roman Style Vegetables(26) Whole Wheat Bread(116) Reg/Diet Chocolate Cake(300) Total Cal:794 Total Na:1105	5 Burger Bar Burger +Condiments Lettuce/Tomato/Onion Zesty Potato Wedges Burger Bun Mixed Fruit Total Cal:668 Total Na:1159	6 Baked Pollock Asparagus Rice Pilaf 12 Grain Bread Reg/Diet Jello Total Cal:848 Total Na:806
9 Chicken Potato Stew California Blend Veg Yellow Rice Whole Wheat Bread Spiced Pears Total Cal:605 Total Na:614	10 Baked Stuffed Chicken Steamed Peas Mashed Potatoes OatNut Bread Cinnamon Applesauce Total Cal:704 Total Na:831	11 Sancocho Sautéed Spinach White Rice Whole Wheat Roll Mandarin Oranges Total Cal:627 Total Na:639	12 Fish Tacos Confetti Slaw Yellow Rice Two Flour Tortillas Fresh Fruit Total Cal:937 Total Na:943	13 Mac and Cheese Stewed Tomatoes Orange Snack Loaf Warm Fruit Compote Total Cal:671 Total Na: 1022
16 Molido Yellow Rice Tuscan Blend Veg Whole Wheat Bread Apple Crisp Total Cal:716 Total Na:571	17 St. Patrick's Day/HIGH SODIUM DAY Corned Beef Cabbage and Carrots Boiled Potatoes(6) Mustard Rye Bread Diet Pistachio Pudding Total Cal:617 Total Na:1303	18 Chicken Da Vinci Brussels Sprouts Ziti Noodles 12 Grain Bread Chilled Peaches Total Cal:681 Total Na:882	19 Carolina BBQ Pork Slider Steamed Corn Sweet Potatoes Club Roll Fresh Fruit Total Cal:787 Total Na:903	20 Fish Fry Friday Fish Stew Plantains White Rice Whole Wheat Bread Spiced Pears Total Cal: 704 Total Na:357
23 Eggplant Rollatini Steamed Broccoli Ziti with Marinara Italian Bread Reg/Diet Oatmeal Cookies Total Cal:766 Total Na:932	24 Pernil Seasoned Cauliflower Yellow Rice Multigrain Bread Fresh Fruit Total Cal:774 Total Na: 419	25 Meatloaf w/Mushroom Gravy Garlic Green Beans Mashed Potatoes 12 Grain Bread Mixed Fruit Total Cal:574 Total Na: 641	26 Chicken Chickpea Stew Stir Fry Blend Vegetables White Rice Cherry Snack Loaf Pineapple Total Cal:1114 Total Na:1079	27 Cheesy 3 Bean Chili ½ Baked Potato Steamed Peas OatNut Bread Reg/Diet Lemon Pudding Total Cal:784 Total Na:794
30 Chicken and Gravy Sautéed Spinach Mashed Potatoes Buttermilk Biscuit Applesauce Total Cal:632 Total Na:1039	31 HIGH SODIUM DAY Hot Dog with Bun Mustard/Relish/Ketchup Chopped Onions and Peppers Baked Beans Peach Crisp Total Cal:621 Total Na:1217	<p style="text-align: center;">Abreviación: Na= El contenido de sodio Cal= Calorías</p>	<p style="text-align: center;">Totales incluyen 1 leche baja en grasa de 8 oz (no incluida en la lista) que contiene 100mg sodio y margarina que contiene 12mg sodio.</p>	<p style="text-align: center;">Donación sugerida, confidencial y voluntaria de \$ 2 por comida. Comidas sujetas a cambios</p>