

November 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Traditional Egg Salad 3 Bean Salad Ziti Broccoli Salad 12 Grain Bread Diet Brownie Total Cal:1013 Total Na:915	3 Chilled Sesame Noodles Napa Cabbage Slaw Marinated Green Beans Cranberry Snack Loaf Diet Pineapple Total Cal:893 Total Na:523	4 Chef's Antipasto Tossed Salad w/Italian Green Bean Pimento Sala Italian Bread Fresh Fruit Total Cal:700 Total Na:714	5 Seafood Salad Potato/Corn Salad Marinated Winter Blend Hot Dog Bun Diet Peaches Total Cal:781 Total Na:767	6 Lemon Pepper Chicken Salad Shredded Lettuce Carrot Raisin Salad Whole Wheat Pita Diet Vanilla Pudding Total Cal:836 Total Na:861
9 California Turkey Salad Cauliflower Carrot Slaw Celery Salad 12 Grain Bread Diet Cookie Total Cal:684 Total Na:1141	10 Ham&Swiss with Mustard German Potato Salad Broccoli Slaw Whole Wheat Bread Diet Pears Total Cal:663 Total Na:1029	11 HOLIDAY- NO MEALS	12 Tuna Macaroni Salad Marinated Summer Blend Oat Nut Bread Diet Tapioca Pudding Total Cal: 789 Total Na:666	13 Cape Cod Chicken Salad Pickled Beets Potato Salad Cherry Snack Loaf Diet Mixed Fruit Total Cal:922 Total Na:914
16 Cottage Cheese Diet Peaches Marinated Chickpeas WW Roll Strawberry Cup Total Cal:704 Total Na:904	17 Ham Frittata Tossed Salad w/Italian Tomato White Bean Salad 12 Grain Bread Diet Cookie Total Cal:720 Total Na:858	18 Tuna Wrap Lettuce Tomato Onion Potato Salad Tortilla Fresh Fruit Total Cal:826 Total Na:939	19 6 Layer Chicken Salad Pickled Beets WW Pita Mandarin Oranges Total Cal:680 Total Na:703	20 Dilly Egg Salad Ziti Broccoli Salad 3 Bean Salad WW Roll Diet Chocolate Pudding Total Cal: 913 Total Na:1031
23 Confetti Chicken Salad Cucumber Onion Salad Marinated Summer Blend Veg 12 Grain Bread Pineapple Total Cal:817 Total Na:970	24 Tuna Niçoise Salad Green Bean/Pimento Salad Marinated Potato Salad Italian bread Diet Vanilla Pudding Total Cal:810 Total Na:1069	25 Roast Beef and Swiss Tri Color Pasta Salad Lettuce Rye Bread Diet Pears Total Cal:775 Total Na:546	26 HOLIDAY- NO MEALS	27 Cheeseburger Pasta Salad Cucumber Salad Lettuce/Tomato Blueberry Snack Loaf Diet Cinnamon Apples Total Cal:800 Total Na:587
30 Hummus Wrap Lettuce Tomato 3 Bean Salad WW Pita Diet Oatmeal Cookies Total Cal:637 Total Na:809	Key For Symbols: Total Cal= Calories in Meal Total Na= Sodium in Meal	Suggested voluntary donation \$2.00 per meal. Menu subject to change With out notice.	Total Sodium & Calories include regular dessert, milk (100mg Na) &margarine(15mg Na).	If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 136 for more information.