

November 2020

Greater Springfield Senior Services, Inc.

Grab 'n Go Menu

See Grab 'n Go Schedule for information

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| 2 Roast Beef and Bleu Cheese on Rye Bread Chocolate Brownie | 3 Pumpkin Alfredo Pasta Steamed Cauliflower Sauteed Zucchini Spiced Peaches | 4 Santa Fe Style Salad Fresh Fruit | 5 Cranberry Roast Turkey Steamed Carrots Butternut Quinoa Salad Chilled Pears | 6 Tuna & Cucumber Sandwich Chocolate Brownie |
| Cal:830 Carb:107 Na:1350 | Cal:507 Carb:74 Na:589 | Cal:687 Carb:39 Na:1082 | Cal:583 Carb:71 Na:582 | Cal:820 Carb:107 Na:800 |
| 9 HIGH SODIUM DAY Virginia Ham & Cheddar On Multigrain Vanilla Pudding | 10 Roasted Red Pepper Pasta Tossed Salad w/House Butternut Squash Fresh Strawberries | 11 HOLIDAY- NO MEALS | 12 Broccoli Beef Stir Fry Stir Fry Blend Veg Brown Rice Mandarin Oranges | 13 Turkey & Swiss On Pretzel Roll Blueberry Parfait |
| Cal:680 Carb:93 Na:1350 | Cal:583 Carb:73 Na:11 | | Cal:488 Carb:64 Na:496 | Cal:470 Carb:73 Na:875 |
| 16 HIGH SODIUM DAY Apricot and Feta Salad Chocolate Pudding | 17 Jamaican Jerk Chicken Corn and Peppers Coconut Rice Mixed Fruit | 18 Garden Salad Tuna Salad Fresh Fruit | 19 Turkey Burger Lettuce Sweet Potato Wedges Wheat Burger Bun | 20 Veggie Hummus Wrap Mixed Berry Parfait |
| Cal: 950 Carb:118 Na:1370 | Cal:554 Carb:67 Na:336 | Cal:650 Carb:33 Na:955 | Cal:501 Carb:82 Na:556 | Cal:835 Carb:112 Na:1045 |
| 23 Cranberry Walnut Salad With chicken salad Strawberry Parfait | 24 Mushroom Risotto Asparagus Spears Chilled Pears | 25 Egg Salad Sandwich on White Bread Chocolate Brownie | 26 HOLIDAY- NO MEALS | 27 HIGH SODIUM DAY Grilled Chicken Caesar Salad Fresh Fruit |
| Cal:650 Carb:82 Na:690 | Cal:429 Carb:75 Na:343 | Cal:890 Carb:102 Na:1110 | | Cal:647 Carb:30 Na:1270 |
| 30 Tripleta Sandwich On Onion Roll Mixed Berry Parfait | Key For Symbols: Cal= Total Calories Carb = Total Carbohydrates Na= Total Sodium | Suggested Voluntary Confidential Donation \$2 | If you have a special concern regarding the sodium, contact the GSSSI Dietitian at 781-8806 X 136 for more information. | |
| Cal:470 Carb:72 Na: 925 | | | | |