

November 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 Baked Spinach Ravioli*(572) Green Beans(2) Whole Wheat Bread(200) Fresh Fruit(7)	3 Pulled Pork Slider(84) Steamed Peas(58) Mashed Potatoes(46) Club Roll(340) Reg/Diet Jello(60)	4 Meatloaf w/Gravy(176) Steamed Cauliflower(17) Roasted Yams(54) Whole Wheat Roll(160) Reg/Diet Mixed Fruit(5)	5 Chicken Fajita(120) Onions, Peppers, Tomatoes(120) Yellow Rice(190) Tortilla(170) Reg/Diet Cookies(237)	6 Oven Baked Fish(91) Stewed Tomatoes(221) Scalloped Potatoes(91) Whole Wheat Bread(115) Chilled Peaches(5) Tartar Sce(261)
Total Cal:771 Total Na:896	Total Cal:732 Total Na:703	Total Cal: 600 Total Na:527	Total Cal: 757 Total Na:953	Total Cal: 870 Total Na:898
9 Turkey Chili(291) Mixed Vegetables(43) ½ Baked Potato(7) Sour Cream(13) Cornbread(282) Reg/Diet Pudding(246)	10 Hamburger w/Bun*(530) Coleslaw(167) Ketchup(82) Tater Tots(34) Pear Crisp(6)	11 HOLIDAY- NO MEALS	12 Broccoli Alfredo*(501) Tossed Salad w/Italian(123) Italian Bread (230) Strawberry Cup(0)	13 Teriyaki Salmon(362) Steamed Carrots(44) Brown Rice Pilaf(6) Oat Nut Bread(150) Fresh Fruit(0)
Total Cal:787 Total Na:997	Total Cal:833 Total Na:934		Total Cal:654 Total Na:969	Total Cal:578 Total Na:676
16 Rosemary Lemon Chicken(320) Mixed Vegetables(43) Mashed Potatoes(46) 12 Grain Bread(200) Reg/Diet Cookies(79)	17 Beef Stew(224) Brussels Sprouts(12) Brown Rice and Barley Pilaf(63) Whole Wheat Bread(116) Chilled Pears(4)	18 Butternut Mac & Chz(499) California Blend Veg(17) Whole Wheat Bread(165) Apple Crisp(38)	19 Chimichurri Cod(128) Roman Blend Veg(26) White Rice(4) Oat Nut Bread(150) Fresh Fruit(0)	20 Chicken Pot Pie(105) Salad w/French Dressing(123) Steamed Green Beans(2) Biscuit Topping(348) Reg/Diet Brownie(150)
Total Cal:734 Total Na:803	Total Cal: 742 Total Na:533	Total Cal:683 Total Na:834	Total Cal: 569 Total Na:423	Total Cal: 885 Total Na:738
23 Potato Pollock Filet(270) Steamed Broccoli(9) Tartar Sce(261) Winter Squash(145) Whole Wheat Roll(160) Reg/Diet Cookies(105)	24 French Bread Pizza(274) Tossed Salad w/Ranch(123) Summer Blend Vegetables(50) Blueberry Snack Loaf(160) Reg/Diet Mixed Fruit(5)	25 Roast Turkey w/Gravy(134) Collard Greens(93) Cranberry Stuffing(267) Whole Wheat Roll(160) Pumpkin Pie(300)	26 THANKSGIVING- NO MEALS	27 Chicken Cacciatore(484) Country Blend Veg(17) Penne Pasta(1) 12 Grain Bread(200) Chilled Pineapple(1)
Total Cal:786 Total Na:1064	Total Cal:738 Total Na:726	Total Cal:885 Total Na:1069		Total Cal:682 Total Na:819
30 HIGH SODIUM DAY Hot Dog w/Bun(720) Potato Salad(192) Baked Beans(140) Ketchup(82)/Mustard(55)/Relish(81) Applesauce(9)	Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	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:990 Total Na:1427				