

November 2020 **Greater Springfield Senior Services, Inc.** **Latino Menu**
 Para cancelaciones de comidas o preguntas sobre sus comidas, llame al Departamento de Nutrición al (413) 781-2135.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Arroz con Pollo Green Beans Whole Wheat Bread Fresh Fruit Total Cal:601 Total Na:476	3 HIGH SODIUM DAY Chuleta Frita Steamed Peas Mashed Potatoes Club Roll Reg/Diet Jello Total Cal:952 Total Na:1473	4 Pastel de Carne con Gravy Steamed Cauliflower Roasted Yams Whole Wheat Roll Reg/Diet Mixed Fruit Total Cal: 600 Total Na:527	5 Fajita de Pollo Onions, Peppers, Tomatoes Yellow Rice Tortilla Reg/Diet Cookies Total Cal: 757 Total Na:953	6 Pescado al Horno Stewed Tomatoes Scalloped Potatoes Whole Wheat Bread Chilled Peaches Tartar Sce Total Cal: 870 Total Na:898
9 Chili de Pavo Mixed Vegetables ½ Baked Potato Sour Cream Cornbread Reg/Diet Pudding Total Cal:787 Total Na:997	10 Hamburger con Pan Coleslaw(Ketchup Tater Tots Pear Crisp Total Cal:833 Total Na:934	11 No Se Serve Comidas	12 Broccoli Alfredo* Tossed Salad w/Italian Italian Bread Strawberry Cup Total Cal:654 Total Na:969	13 Pozole Steamed Carrots Brown Rice Pilaf Oat Nut Bread Fresh Fruit Total Cal:739 Total Na:568
16 Pollo con Romero y Limón Mixed Vegetables Mashed Potatoes 12 Grain Bread Reg/Diet Cookies Total Cal:734 Total Na:803	17 Pastelón Brussels Sprouts Brown Rice and Barley Pilaf Whole Wheat Bread Chilled Pears Total Cal: 724 Total Na:586	18 Pernil California Blend Veg Yellow Rice Whole Wheat Bread Apple Crisp Total Cal:777 Total Na:452	19 Pescado con Chimichurri Roman Blend Veg White Rice Oatnut Bread Fresh Fruit Total Cal: 569 Total Na:423	20 Pastel de Pollo Salad w/French Dressing Steamed Green Beans Biscuit Topping Reg/Diet Brownie Total Cal: 885 Total Na:738
23 Estofado de Pescado Steamed Broccoli Winter Squash Whole Wheat Roll Reg/Diet Cookies Total Cal:613 Total Na:632	24 Pizza Tossed Salad w/Ranch Summer Blend Vegetables Blueberry Snack Loaf Reg/Diet Mixed Fruit Total Cal:738 Total Na:726	25 Pavo al Horno con Gravy Collard Greens Cranberry Stuffing Whole Wheat Roll Pumpkin Pie Total Cal:885 Total Na:1069	26 THANKSGIVING No Se Serve Comidas	27 Cacciatore de Pollo Country Blend Veg Penne Pasta 12 Grain Bread Chilled Pineapple Total Cal:682 Total Na:819
30 HIGH SODIUM DAY Hot Dog con Pan Potato Salad Baked Beans Ketchup/Mustard/Relish Applesauce Total Cal:990 Total Na:1427	Abreviación: Na= El contenido de sodio Cal= Calorías	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.	Donación sugerida, confidencial y voluntaria de \$ 2 por comida. Comidas sujetas a cambios	