

October 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
<p>Suggested voluntary donation \$2.00 per meal.</p> <p>Menu subject to change With out notice.</p>	<p>Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine(15mg Na).</p>	<p>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 136 for more information.</p>	<p>1 Cape Cod Chicken Salad Pickled Beets Potato Salad Cherry Snack Loaf Diet Mixed Fruit Total Cal:890 Total Na:915</p>	<p>2 Cottage Cheese Lettuce/Tomato Marinated Chickpeas WW Roll Diet Peaches Total Cal:635 Total Na:936</p>
<p>5 Garden Omelet Tossed Salad w/Italian Tomato White Bean Salad 12 Grain Bread Diet Cookie</p>	<p>6 Tuna Wrap Lettuce Tomato Onion Potato Salad Tortilla Fresh Fruit</p>	<p>7 6 Layer Chicken Salad Pickled Beets WW Pita Mandarin Oranges</p>	<p>8 Dilly Egg Salad Ziti Broccoli Salad 3 Bean Salad Whole Wheat Roll Diet Chocolate Pudding</p>	<p>9 Roast Beef and Swiss Coleslaw Lettuce /Tomato Rye Bread Diet Pears</p>
<p>Total Cal: Total Na:</p>	<p>Total Cal:826 Total Na:939</p>	<p>Total Cal:680 Total Na:703</p>	<p>Total Cal: 913 Total Na:1031</p>	<p>Total Cal:775 Total Na:546</p>
<p>12 HOLIDAY- NO MEALS</p>	<p>13 Confetti Chicken Salad Cucumber Onion Salad Marinated Summer Blend Veg 12 Grain Bread Pineapple Total Cal:750 Total Na:617</p>	<p>14 Hummus Wrap Lettuce Tomato Three Bean Salad WW Pita Diet Oatmeal Cookies Total Cal:637 Total Na:809</p>	<p>15 Ham and Provolone Cucumber Salad Lettuce/Tomato Blueberry Snack Loaf Diet Cinnamon Apples Total Cal:737 Total Na:946</p>	<p>16 Sliced Turkey Potato Salad Lettuce/Tomato/Mayo WW Bread Fresh Fruit Total Cal:747 Total Na:895</p>
<p>19 Crispy Chicken Tossed Salad w/Ranch Southwest Pasta Salad Blueberry Snack Loaf Diet Mixed Fruit Total Cal: 890 Total Na:1012</p>	<p>20 Turkey and Swiss Pocket Shredded Lettuce/Tomato Tri Color Pasta Salad Whole Wheat Pita Diet Chocolate Pudding Total Cal:659 Total Na:838</p>	<p>21 Spinach Salad 3 Bean Salad Cucumber Onion Salad Whole Wheat Bread Mandarin Oranges Total Cal:749 Total Na:1118</p>	<p>22 Tarragon Tuna Salad Tossed Salad w/Italian English Pea Salad 12 Grain Bread Diet Pears Total Cal: 700 Total Na:1057</p>	<p>23 Taco Pasta Salad Black Bean/Corn Salad Orange Snack Loaf Fresh Fruit Total Cal:1040 Total Na:860</p>
<p>26 Ham Salad Tomato/Onion Salad Zucchini/Broccoli Salad Wheat Bread Diet Peaches Total Cal:796 Total Na:1006</p>	<p>27 Mediterranean Pasta Salad Chickpea Salad Cucumber Salad Whole Wheat Pita Diet Butterscotch Pudding Total Cal:781 Total Na:767</p>	<p>28 Smoked Turkey Wrap Lettuce/Tomato/Mayo Marinated Winter Blend Tortilla Applesauce Total Cal:592 Total Na:1068</p>	<p>29 Classic Chicken Salad Broccoli Slaw Potato Salad Whole Wheat Bread Fresh Fruit Total Cal: 952 Total Na:835</p>	<p>30 Cape Cod Tuna Salad Lettuce/Tomato Pickled Beets 12 Grain Bread Diet Cookies Total Cal:658 Total Na:1095</p>