

October 2020

Greater Springfield Senior Services, Inc.

Grab 'n Go Menu

See Grab 'n Go Schedule for information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Key For Symbols: Cal= Total Calories Carb = Total Carbohydrates Na= Total Sodium</p>	<p>If you have a special concern regarding the sodium, contact the GSSSI Dietitian at 781-8806 X 136 for more information.</p>	<p>Suggested Voluntary Donation \$2 per meal.</p>	<p>1 Roasted Red Pepper Pasta Tossed Salad w/House Butternut Squash Fresh Strawberries</p>	<p>2 Roast Beef and Bleu Cheese on Rye Bread Chocolate Brownie</p>
			<p>Cal:583 Carb:73 Na:210</p>	<p>Cal:830 Carb:107 Na:1350</p>
<p>5 Santa Fe Style Salad Fresh Fruit</p>	<p>6 Herb Crusted Salmon Spinach Salad w/Dijon Rice Pilaf Sugar Free Cookies</p>	<p>7 Tuna & Cucumber Sandwich Chocolate Brownie</p>	<p>8 Shepherd's Pie Caesar Salad Mashed Potato Topping Fruit Crisp</p>	<p>9 HIGH SODIUM DAY Virginia Ham & Cheddar On Multigrain Vanilla Pudding</p>
<p>Cal:687 Carb:39 Na:1082</p>	<p>Cal:610 Carb:64 Na:411</p>	<p>Cal:820 Carb:107 Na:800</p>	<p>Cal:687 Carb:51 Na:332</p>	<p>Cal:680 Carb:93 Na:1350</p>
<p>12 Turkey & Swiss On Pretzel Roll Blueberry Parfait</p>	<p>13 Chicken Paprikash Garlic Spinach Egg Noodles Apple Crisp</p>	<p>14 HIGH SODIUM DAY Apricot and Feta Salad Chocolate Pudding</p>	<p>15 Apple Pork Roast California Blend Veg Butternut Squash Sugar Free Jell-O</p>	<p>16 Garden Salad Tuna Salad Fresh Fruit</p>
<p>Cal:470 Carb:73 Na:875</p>	<p>Cal:554 Carb:59 Na:408</p>	<p>Cal: 950 Carb:118 Na:1370</p>	<p>Cal:547 Carb:44 Na:300</p>	<p>Cal:650 Carb:33 Na:955</p>
<p>19 Veggie Hummus Wrap Mixed Berry Parfait</p>	<p>20 Veggie Tetrizzini Caesar Salad Green Beans Fresh Strawberries</p>	<p>21 Cranberry Walnut Salad Strawberry Parfait</p>	<p>22 Lemon Chicken Country Blend Veg Brown Rice Fresh Cantaloupe</p>	<p>23 Egg Salad Sandwich on White Bread Chocolate Brownie</p>
<p>Cal:835 Carb:112 Na:1045</p>	<p>Cal:576 Carb:65 Na:260</p>	<p>Cal:650 Carb:82 Na:690</p>	<p>Cal:488 Carb:62 Na:304</p>	<p>Cal:890 Carb:102 Na:1110</p>
<p>26 HIGH SODIUM DAY Grilled Chicken Caesar Salad Fresh Fruit</p>	<p>27 Rosé Chicken Artichokes & Mushrooms Bowtie Pasta Fresh Watermelon</p>	<p>28 Garden Salad Egg Salad Fresh Fruit</p>	<p>29 Beef Barley Stew Cauliflower Buttermilk Biscuit Sugar Free Jell-O</p>	<p>30 Tripleta Sandwich On Onion Roll Mixed Berry Parfait</p>
<p>Cal:647 Carb:30 Na:1270</p>	<p>Cal:542 Carb:71 Na:531</p>	<p>Cal:627 Carb:96 Na:825</p>	<p>Cal:607 Carb:64 Na:409</p>	<p>Cal:470 Carb:72 Na: 925</p>