

October 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
<p><b>Suggested voluntary donation \$2/meal</b></p> <p><b>Menu subject to change without notice.</b></p> <p><b>Key for Symbols:</b> Na= Sodium *Sodium content(&gt;500mg) Cal= Calories Sodium (mg)</p>	<p><b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp; margarine(15mg Na).</b></p>	<p><b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 136 for more information.</b></p>	<p><b>1</b> Pineapple Fish(206) Steamed Broccoli(9) White Rice(4) Oat Nut Bread(150) Reg/Diet Pudding(200)</p>	<p><b>2</b> Chicken Marsala(359) Steamed Peas(58) Penne Noodles(1) Strawberry Crisp(38)</p>
			Total Cal:660 Total Na:684	Total Cal:637 Total Na:571
<p><b>5</b> California Pork Chop(94) Cali Blend Veg(17) Brown Rice(23) 12 Grain Bread(200) Cookies(79)</p>	<p><b>6</b> Oven Baked Fish(302) Steamed Spinach(76) Sweet Potatoes(33) Dinner Roll(160) Fresh Fruit(7) Tartar Sauce(261)</p>	<p><b>7</b> Veggie Lasagna Alfredo(418) Italian Blend Veg(50) Salad w/French Dressing(242) Whole Wheat Bread(115) Warm Fruit Compote(5)</p>	<p><b>8</b> Greek Chicken*(515) Tomato Onion Salad(5) Lemon Orzo(3) Whole Wheat Pita(72) Reg/Diet Brownie(150)</p>	<p><b>9</b> Sesame Beef(388) Stir Fry Blend Vegetables(23) White Rice(4) Oat Nut Bread(150) Chilled Pineapple(1)</p>
Total Cal:671 Total Na:528	Total Cal:832 Total Na:1051	Total Cal:668 Total Na:944	Total Cal:802 Total Na:860	Total Cal: 831 Total Na:681
<p><b>12</b> NO MEALS- HOLIDAY</p>	<p><b>13</b> Butternut Mac &amp; Cheese(226) Steamed Kale(26) 12 Grain Bread(200) Peach Crisp(4)</p>	<p><b>14</b> Chicken Fajitas(120) Onions, Peppers Tomatoes(120) Yellow Rice &amp; Pigeon Peas(36) Flour Tortilla(170) Fresh Fruit(1)</p>	<p><b>15</b> Shepherd's Pie(131) Cabbage/Carrots(62) Mashed Potato Topping(46) Blueberry Snack Loaf(160) Mixed Fruit(5)</p>	<p><b>16</b> Cranberry Glazed Pork(408) Green Beans(2) Roasted Red Bliss Potatoes(6) Oat Nut Bread(150) Reg/Diet Pudding(200)</p>
	Total Cal:697 Total Na:953	Total Cal:610 Total Na:562	Total Cal: 651 Total Na:519	Total Cal:778 Total Na: 880
<p><b>19</b> Pumpkin Alfredo Penne(352) Brussels Sprouts(8) Whole Wheat Bread(115) Reg/Diet Brownie(150)</p>	<p><b>20</b> Broccoli Cheddar Chx(410) Meadow Blend Veg(16) Scalloped Potatoes(327) Oat Nut Bread(150) Reg/Diet Jell-O(60)</p>	<p><b>21</b> Taco Bowl(277) Tomato Corn Salsa(4) Yellow Rice(190) Flour Tortilla(170) Chilled Pears(4)</p>	<p><b>22</b> Turkey Burger(71) Lettuce/Tomato/Ketchup(137) Tater Tots(34) Hamburg Bun(230) Strawberry cups(90)</p>	<p><b>23</b> Honey Balsamic Salmon(232) Steamed Carrots(44) Brown Rice Pilaf(13) 12 Grain Bread(200) Chilled Pineapple(1)</p>
Total Cal: 731 Total Na:740	Total Cal:865 Total Na:842	Total Cal: 684 Total Na:760	Total Cal:697 Total Na:587	Total Cal:606 Total Na:604
<p><b>26</b> Autumn Chicken(241) Winter Blend Vegetables(43) Acorn Squash(210) Whole Wheat Bread(116) Apple Crisp(38)</p>	<p><b>27 HIGH SODIUM DAY</b> Hot Dog w/Bun*(720) Potato Salad(192) Baked Beans(140) Ketchup(82) Mustard(55) Relish(81) Fresh Fruit(1)</p>	<p><b>28 NATIONAL CHOCOLATE DAY</b> Turkey Chili(291) Mixed Vegetables(43) Smashed Cauliflower(9) Corn Muffin(291) Chocolate Birthday Cake(330)</p>	<p><b>29</b> Roasted Red Pepper Pasta(9) Peas &amp; Mushrooms(67) Whole Wheat Roll(160) Mandarin Oranges(6)</p>	<p><b>30</b> Chimichurri Cod(128) Tossed Salad w/Italian(129) White Rice(4) Oat Nut Bread(150) Reg/Diet Cookies(218)</p>
Total Cal:650 Total Na:762	Total Cal: 982 Total Na:1394	Total Cal:869 Total Na:1079	Total Cal:703 Total Na:403	Total Cal:796 Total Na:744