

**Octubre 2020**

**Greater Springfield Senior Services, Inc.**

**Home Delivered Menu- Latino**

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  |
|---|---|---|---|---|
| <b>Suggested voluntary donation \$2/meal</b><br><b>Menu subject to change without notice.</b><br><b>Key for Symbols:</b><br>Na= Sodium *Sodium content(>500mg)<br>Cal= Calories Sodium (mg) | <b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp; margarine(15mg Na).</b>                  | <b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 136 for more information.</b>          | <b>1</b><br>Pineapple Fish(206)<br>Steamed Broccoli(9)<br>White Rice(4)<br>Oat Nut Bread(150)<br>Reg/Diet Pudding | <b>2</b><br>Arroz con Pollo<br>Steamed Peas<br>Penne Noodles<br>Strawberry Crisp  |
|   |   |   | Total Cal:660 Total Na:684  | Total Cal:623 Total Na:571  |
| <b>5</b><br>Chuleta Frita<br>Cali Blend Veg<br>Brown Rice<br>12 Grain Bread<br>Fresh Fruit  | <b>6</b><br>Oven Baked Fish<br>Steamed Spinach<br>Sweet Potatoes<br>Dinner Roll<br>Cookies Tartar Sauce               | <b>7</b><br>Pozole<br>Italian Blend Veg<br>Salad w/French Dressing<br>Whole Wheat Bread<br>Warm Fruit Compote                                 | <b>8</b><br>Pollo Griego<br>Tomato Onion Salad<br>Lemon Orzo<br>Whole Wheat Pita<br>Reg/Diet Brownie              | <b>9</b><br>Carne de Sésamo<br>Stir Fry Blend Vegetables<br>White Rice<br>Oat Nut Bread<br>Chilled Pineapple                      |
| Total Cal:766 Total Na:938  | Total Cal:832 Total Na:1051   | Total Cal:659 Total Na:801  | Total Cal:802 Total Na:860  | Total Cal: 831 Total Na:681   |
| <b>12</b><br>NO COMIDA SIN SERVICE  | <b>13</b><br>Butternut Mac & Cheese<br>Steamed Kale<br>12 Grain Brea<br>Peach Crisp                                   | <b>14</b><br>Fajitas de Pollo<br>Onions, Peppers Tomatoes<br>Arroz con Gandules<br>Flour Tortilla<br>Fresh Fruit                              | <b>15</b><br>Pernil<br>Cabbage/Carrots<br>Yellow Rice<br>Blueberry Snack Loaf<br>Mixed Fruit                      | <b>16</b><br>Pastelón<br>Green Beans<br>Roasted Red Bliss Potatoes<br>Oat Nut Bread<br>Lemon Pudding                              |
|   | Total Cal:747 Total Na:572  | Total Cal:610 Total Na:562  | Total Cal: 651 Total Na:519   | Total Cal:778 Total Na: 880   |
| <b>19</b><br>Pasta Alfredo de Calabaza<br>Brussels Sprouts<br>Whole Wheat Bread<br>Reg/Diet Brownie   | <b>20</b><br>Pollo con Brócoli y Queso<br>Meadow Blend Veg<br>Scalloped Potatoes<br>Oat Nut Bread<br>Reg/Diet Jell-O  | <b>21</b><br>Taco Bowl<br>Tomato Corn Salsa<br>Yellow Rice<br>Flour Tortilla<br>Chilled Pears   | <b>22</b><br>Hamburguesa de Pavo<br>Lettuce/Tomato/Ketchup<br>Tater Tots<br>Hamburg Bun<br>Strawberry cups        | <b>23</b><br>Estofado de Pescado<br>Steamed Carrots(44)<br>Brown Rice Pilaf(13)<br>12 Grain Bread(200)<br>Chilled Pineapple(1)    |
| 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  |
| <b>26</b><br>Pollo Guisado<br>Winter Blend Vegetables(43)<br>Acorn Squash(210)<br>Whole Wheat Bread(116)<br>Fresh Fruit(1)  | <b>27 HIGH SODIUM DAY</b><br>Hot Dog w/Bun*<br>Potato Salad<br>Baked Beans<br>Ketchup Mustard Relish<br>Applesauce(9) | <b>28 NATIONAL CHOCOLATE DAY</b><br>Cerdo y Potato Stew<br>Mixed Vegetables(43)<br>Yellow Rice<br>Corn Muffin(291)<br>Chocolate Birthday Cake | <b>29</b><br>Pasta de Pimiento Rojo Asado<br>Peas & Mushrooms<br>Whole Wheat Roll<br>Mandarin Oranges             | <b>30</b><br>Chimichurri Cod(128)<br>Tossed Salad w/Italian((129)<br>White Rice(4)<br>Oat Nut Bread(150)<br>Reg/Diet Cookies(218) |
| Total Cal:669 Total Na:905  | Total Cal: 982 Total Na:1394  | Total Cal:869 Total Na:1079   | Total Cal:703 Total Na:403  | Total Cal:796 Total Na:744  |