

September 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
<b>Suggested voluntary donation \$2.00 per meal.</b>  <b>Menu subject to change With out notice.</b>	<b>1</b> Hummus Wrap Lettuce Tomato 3 Bean Salad Whole Wheat Pita Diet Oatmeal Cookies Total Cal:637 Total Na:809	<b>2</b> Sliced Turkey Potato Salad Lettuce/Tomato/Mayo Whole Wheat Bread Fresh Fruit Total Cal:864 Total Na:1074	<b>3</b> Ham and Provolone Chickpea Salad Lettuce/Tomato Whole Wheat Roll Cinnamon Apples Total Cal:583 Total Na:1148	<b>4</b> Crispy Chicken Tossed Salad w/Ranch Southwest Pasta Salad Whole Wheat Roll Mixed Fruit Total Cal: 890 Total Na:1012
	<b>7</b> <b>HOLIDAY- NO MEALS</b>	<b>8</b> Turkey and Swiss Pocket Shredded Lettuce/Tomato Pasta Salad Whole Wheat Pita Diet Chocolate Pudding Total Cal:623 Total Na:1050	<b>9</b> Grilled Chicken Sandwich Lettuce/Tomato/Mayo Confetti Coleslaw Burger Bun Diet Cookies Total Cal: 754 Total Na:1070	<b>10</b> Tarragon Tuna Salad Tossed Salad w/Italian English Pea Salad 12 Grain Bread Diet Pears Total Cal: 700 Total Na:1057
<b>14</b> Ham Salad Tomato/Onion Salad Zucchini/Broccoli Salad Wheat Bread Diet Peaches Total Cal:796 Total Na:1006	<b>15</b> Mediterranean Pasta Salad Chickpea Salad Cucumber Salad Whole Wheat Pita Diet Butterscotch Pudding Total Cal:781 Total Na:767	<b>16</b> Turkey Club Wrap Lettuce/Tomato/Mayo Marinated Winter Blend Tortilla Applesauce Total Cal:592 Total Na:1068	<b>17</b> Classic Chicken Salad Broccoli Slaw Potato Salad Whole Wheat Bread Fresh Fruit Total Cal: 952 Total Na:835	<b>18</b> Cape Cod Tuna Salad Lettuce/Tomato Pickled Beets 12 Grain Bread Diet Cookies Total Cal:658 Total Na:1095
<b>21</b> Traditional Egg Salad 3 Bean Salad Cucumber Salad Whole Wheat Bread Diet Mandarin Oranges Total Cal: 687 Total Na:789	<b>22</b> Chilled Sesame Noodles Napa Cabbage Slaw Marinated Green Beans Cranberry Snack Loaf Diet Pineapple Total Cal:893 Total Na:523	<b>23</b> Chef's Antipasto Tossed Salad w/Italian Green Bean Pimento Salad Italian Bread Fresh Fruit Total Cal:740 Total Na:571	<b>24</b> Seafood Salad Potato/Corn Salad Marinated Winter Blend Hot Dog Bun Diet Peaches Total Cal:716 Total Na:749	<b>25</b> Lemon Pepper Chicken Salad Shredded Lettuce/Tomato Carrot Raisin Salad Whole Wheat Pita Diet Vanilla Pudding Total Cal:768 Total Na:854
<b>28</b> California Turkey Salad Cauliflower Carrot Slaw Tri Color Pasta Salad 12 Grain Bread Diet Pears Total Cal:710 Total Na:895	<b>29</b> Ham & Swiss with Mustard German Potato Salad Broccoli Slaw Whole Wheat Bread Diet Pears Total Cal:631 Total Na:1031	<b>30</b> Tuna Macaroni Salad Marinated Summer Blend Oat Nut Bread Diet Pudding Total Cal: 675 Total Na:757	<b>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 136 for more information.</b>  <b>Total Sodium &amp; Calories include regular dessert, milk (100mg Na) &amp; margarine(15mg Na).</b>	