

September 2020

Greater Springfield Senior Services, Inc.

Grab 'n Go Menu

See Grab 'n Go Schedule for information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Stroganoff Garden Salad w/Italian Egg Noodles Fresh Fruit	2 Roast Beef and Cheddar on Rye Bread Chocolate Brownie	3 Oven Baked Chicken Steamed Broccoli Tossed Salad w/House Peach Crisp	4 Garden Salad Egg Salad Fresh Fruit
	Total Cal: 562 Total Na:268	Total Cal: 760 Total Na:1100	Total Cal:550 Total Na:271	Total Cal:627 Total Na:825
7 NO MEALS- HOLIDAY	8 Beef Fajita Onions, Peppers, Tomatoes Wild Rice Tortilla Fresh Fruit	9 Chicken Salad on Wheat Fresh Fruit	10 Baked Fish Roasted Tomatoes Brown Rice Sugar Free Lemon Cookie	11 Tuna & Cucumber Sandwich Chocolate Brownie
	Total Cal:583 Total Na:378	Total Cal:617 Total Na:1002	Total Cal:553 Total Na:260	Total Cal:820 Total Na:800
14 Santa Fe Style Salad Fresh Fruit	15 Pork Roast w/Gravy Cauliflower Florets ½ Baked Potato Diet Cookies	16 Italian Style Chicken Wrap Blueberry Parfait	17 Lemon Pepper Chicken Steamed Broccoli Brown Rice Sugar Free Pudding	18 Apricot and Feta Salad Mixed Berry Parfait
Total Cal:687 Total Na:1082	Total Cal:504 Total Na:319	Total Cal:630 Total Na:1050	Total Cal:505 Total Na:381	Total Cal: 760 Total Na:960
21 Garden Salad Tuna Salad Fresh Fruit	22 Dill Salmon Tuscan Blend Vegetables Scalloped Potatoes Wheat Roll Lemon Cookies	23 HIGH SODIUM DAY Turkey and Cheddar On Rye Bread Mixed Berry Parfait	24 Butternut Mac & Cheese Sautéed Kale Pear Crisp	25 Cranberry Walnut Salad Strawberry Parfait
Total Cal:650 Total Na:955	Total Cal:604 Total Na:525	Total Cal:600 Total Na: 1315	Total Cal:518 Total Na:337	Total Cal:650 Total Na:690
28 Egg Salad Sandwich on White Bread Chocolate Brownie	29 Orange Glazed Chicken Stir Fry Blend Vegetables Coconut Rice Mandarin Oranges	30 HIGH SODIUM DAY Grilled Chicken Caesar Salad Fresh Fruit	Key For Symbols: Cal= Calories Na= Sodium	If you have a special concern regarding the sodium, contact the GSSI Dietitian at 781-8806 X 136 for more information.
Total Cal:890 Total Na:1110	Total Cal:553 Total Na:248	Total Cal:647 Total Na:1270		