

September 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>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 136 for more information.</p>	<p>1 Tarragon Chicken(66) Brussels Sprouts(12) Penne Pasta(1) Whole Wheat Bread(116) Fresh Fruit(1)</p>	<p>2 COLD PLATE Roast Beef & Swiss(320) Lettuce/Tomato/Mustard(110) Ziti Broccoli Salad(20) Whole Wheat Pita(72) Reg/Diet Cookies(85)</p>	<p>3 Spinach Ravioli(227) Tossed Salad w/Ranch(123) Squash Medley (3) 12 Grain Bread(200) Chilled Pears(4)</p>	<p>4 Shepherd's Pie(215) Cabbage/Carrots(62) Dinner Roll(160) Mixed Fruit(5)</p>
Total Cal: 670 Total Na: 913	Total Cal:659 Total Na:334	Total Cal:792 Total Na:666	Total Cal: 656 Total Na:929	Total Cal:654 Total Na:556
<p>7 HOLIDAY- NO MEALS</p>	<p>8 Sesame Beef(388) Sugar Snap Peas(39) White Rice(4) OatNut Bread(150) Chilled Pineapple(1)</p>	<p>9 COLD PLATE Spinach Salad w/Ranch*(613) Cucumber Onion Salad(2) Pasta Salad(220) Blueberry Snack Loaf(160) Mandarin Oranges(6)</p>	<p>10 Oven Baked Fish(302) Stewed Tomatoes(221) Sweet Potatoes(33) Whole Wheat Bread(116) Chilled Pears(4) Tartar Sauce(261)</p>	<p>11 Crispy Chicken Sandwich*(571) Lettuce/Tomato/Mayo(119) Tater Tots(34) Hamburger Bun(230) Applesauce(9)</p>
	Total Cal: 847 Total Na:661	Total Cal:748 Total Na:1009	Total Cal:754 Total Na:1051	Total Cal:851 Total Na:1080
<p>14 Lasagna w/Meat Sauce(428) Steamed Cauliflower(17) Italian Bread(230) Reg/Diet Brownie(150)</p>	<p>15 California Pork Chop(33) Country Blend Veg(17) Brown Rice(66) Dinner Roll(160) Tropical Fruit(15)</p>	<p>16 NATIONAL GUACAMOLE DAY Taco Bowl(277) Tomato Corn Salad(4) Yellow Rice(8) <i>Guacamole</i> Flour Tortilla(170) Chilled Peaches(5)</p>	<p>17 Cranberry Orange Chicken(303) Steamed Broccoli(9) Butternut Squash(35) Whole Wheat Roll Reg/Diet Pudding(246)</p>	<p>18 Fish Sticks(320) California Blend(17) Steamed Corn(1) Tartar Sauce(261) Wheat Roll(160) Fresh Fruit(0)</p>
Total Cal:855 Total Na:965	Total Cal:614 Total Na:426	Total Cal: Total Na:	Total Cal:615 Total Na:858	Total Cal:635 Total Na:874
<p>21 HIGH SODIUM DAY Chicken Cordon Bleu*(746) Steamed Spinach Scalloped Potatoes 12 Grain Bread Reg/Diet Jello</p>	<p>22 Honey Balsamic Salmon(232) Steamed Carrots(58) White Rice(4) Blueberry Snack Loaf(160) Chilled Pineapple(1)</p>	<p>23 Meatloaf(168)w/gravy(83) Corn Succotash(123) Mashed Potatoes(46) Whole Wheat Bread(116) Fresh Fruit(1)</p>	<p>24 Swedish Meatballs(330) Summer Blend Veg(50) Egg Noodles(15) Wheat Bread(160) Fresh Fruit(0)</p>	<p>25 Pasta Primavera(26) Tossed Salad w/Ranch(123) Steamed Kale(26) Dinner Roll(160) Reg/Diet Cookies(5)</p>
Total Cal:895 Total Na:1288	Total Cal:666 Total Na:570	Total Cal:691 Total Na:677	Total Cal:813 Total Na:695	Total Cal:678 Total Na:455
<p>28 HIGH SODIUM DAY Hot Dog w/Bun*(720) Potato Salad(192) Baked Beans(140) Ketchup(82) Mustard(55) Relish(81) Applesauce(9)</p>	<p>29 Chicken Pot Pie(105) Green Beans(2) Mashed Yams(54) Biscuit Topping(243) Cantaloupe(7)</p>	<p>30 Turkey Chili(291) Mixed Vegetables ½ Baked Potato(7) Cornbread Muffin(280) Chocolate Birthday Cake(330)</p>	<p>Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na). Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)</p>	<p>Suggested voluntary donation \$2/meal Menu subject to change without notice.</p>
Total Cal: 953 Total Na:1411	Total Cal:659 Total Na:526	Total Cal:876 Total Na:1031		