

September 2020

Greater Springfield Senior Services, Inc.

Latino 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>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> Arroz con Pollo Brussels Sprouts Whole Wheat Bread Fresh Fruit</p>	<p><b>2 COMIDA FRÍA</b> Rosbif y Queso Suizo Lettuce/Tomato/Mustard Ziti Broccoli Salad Whole Wheat Pita Reg/Diet Cookies</p>	<p><b>3</b> Ravioles de Espinacas Tossed Salad w/Ranch Squash Medley 12 Grain Bread Chilled Pears</p>	<p><b>4</b> Pastelón Cabbage/Carrots Yellow Rice Dinner Roll Mixed Fruit</p>
Total Cal: 670 Total Na: 913	Total Cal:810 Total Na:426	Total Cal:795 Total Na:722	Total Cal: 656 Total Na:929	Total Cal:745 Total Na:651
<p><b>7 HOLIDAY- NO MEALS</b></p>	<p><b>8</b> Pozole Vegetable Blend White Rice OatNut Bread Chilled Pineapple</p>	<p><b>9 COMIDA FRÍA</b> Ensalada de Espinaca con Ranch Cucumber Onion Salad Pasta Salad Blueberry Snack Loaf Mandarin Oranges</p>	<p><b>10</b> Pescado Frito al Horno Stewed Tomatoes Sweet Potatoes Whole Wheat Bread Chilled Pears Tartar Sauce</p>	<p><b>11</b> Sandwich de Pollo Frito al Horno Lettuce/Tomato/Mayo Tater Tots Hamburger Bun Applesauce</p>
	Total Cal: 723 Total Na:524	Total Cal:748 Total Na:1009	Total Cal:754 Total Na:1051	Total Cal:851 Total Na:1080
<p><b>14</b> Estofado de Patata Steamed Cauliflower White Rice Italian Bread Reg/Diet Brownie</p>	<p><b>15</b> Chuleta California Country Blend Veg Brown Rice Dinner Roll Tropical Fruit</p>	<p><b>16 DÍA NACIONAL DEL GUACAMOLE</b> Taco Bowl Tomato Corn Salad Yellow Rice <i>Guacamole</i> Flour Tortilla Chilled Peaches</p>	<p><b>17</b> Pollo Arandano Naranja Steamed Broccoli Butternut Squash Whole Wheat Roll Reg/Diet Pudding</p>	<p><b>18</b> Estofado de Pescado California Blend Fried Yuca Wheat Roll Fresh Fruit</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><b>21 HIGH SODIUM DAY</b> Pollo Cordon Bleu Steamed Spinach Scalloped Potatoes 12 Grain Bread Reg/Diet Jello</p>	<p><b>22</b> Salmón en Salsa Miel Balsámico Steamed Carrots White Rice Blueberry Snack Loaf Chilled Pineapple</p>	<p><b>23</b> Pastel de Carne Corn Succotash Mashed Potatoes Whole Wheat Bread Fresh Fruit(1)</p>	<p><b>24</b> Chuleta Frita Summer Blend Veg Yellow Rice Wheat Bread Fresh Fruit</p>	<p><b>25</b> Pernil Tossed Salad w/Ranch Arroz con Gandules Dinner Roll Reg/Diet Cookies</p>
Total Cal:895 Total Na:1288	Total Cal:666 Total Na:570	Total Cal:669 Total Na:594	Total Cal:813 Total Na:695	Total Cal:678 Total Na:455
<p><b>28 HIGH SODIUM DAY</b> Hot Dog con pan Potato Salad Baked Beans Ketchup Mustard Relish Applesauce(9)</p>	<p><b>29</b> Picadillo Green Beans Baked Yams Biscuit Topping Cantaloupe</p>	<p><b>30</b> Chili Blanco Mixed Vegetables Baked Potato Cornbread Muffin Chocolate Birthday Cake</p>	<p><b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp; margarine(15mg Na).</b> <b>Key for Symbols:</b> Na= Sodium *Sodium content(&gt;500mg) Cal= Calories Sodium (mg)</p>	<p><b>Suggested voluntary donation \$2/meal Menu subject to change without notice.</b></p>
Total Cal: 953 Total Na:1411	Total Cal:659 Total Na:526	Total Cal:876 Total Na:1031		