

Octubre 2026

Greater Springfield Senior Services, Inc.

Caribbean Menu Updated 09/04/2026

Para cancelaciones de comidas o preguntas sobre sus comidas o preguntas sobre sus comidas, Llame a su sitio de las 11:30am día anterior (413) 733-7894

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
Abreviación: Cal= Calorías Carb= Carbohidrato Na= El contenido de sodio	Totales incluyen 1 leche baja en grasa de 8 oz (no incluida en la lista) que contiene 105mg sodio y margarina que contiene 30mg sodio	Donación sugerida, confidencial y voluntaria de \$3 por comida. Menú sujeto a modificaciones sin previo aviso.	1	2 Swedish Turkey Meatballs(480) Roasted Potatoes(85) Broccoli(38) Whole Grain Cornbread(180) Fresh Fruit(1)
				Cal:783 Carb:104 Na:919
5 Arroz con Atume(271) Rice & Beans(124) Green Beans & Peppers(21) Wheat Bread(65) Applesauce(2)	6	7 Sancocho(213) Mashed Potatoes(23) Carrots(56) Wheat Roll(150) Shortbread Cookie(150)	8	9 Pork w/Apple Cranberry Chutney(85) Mashed Sweet Potatoes(20) Vegetable Medley(54) Wheat Roll(150) Mandarin Oranges(5)
Cal:755 Carb:88 Na:618		Cal:732 Carb:87 Na:1124		Cal:798 Carb:91 Na:691
12 Sin Servicio de Comidas	13	14 Pollo Guisado(223) Black Eyed Peas(141) Carrots(56) Wheat Bread(65) Fresh Fruit(1)	15	16 Beef Stroganoff(201) Egg Noodles(7) Broccoli(38) Whole Grain Cornbread(180) Vanilla Pudding(130)
		Cal: 821 Carb:98 Na:621		Cal: 917 Carb:91 Na:691
19 Creamy Cajun Chicken(38) Mashed Potatoes(23) California Blend Veg(34) Dinner Roll(100) Chocolate Pudding(135)	20	21 Beef Picadillo(153) Arroz con Gandules(70) Mixed Vegetables(51) Dinner Roll(100) Mandarin Oranges(5)	22	23 White Fish Florentine(297) Rice Pilaf(49) Brussels Sprouts(26) Wheat Bread(65) Oatmeal Cookie(90)
Cal:743 Carb:80 Na:458		Cal:738 Carb:87 Na:514		Cal:702 Carb:86 Na:632
26 Caribbean Fish Curry(133) Yellow Rice(25) Tuscan Blend Vegetables(26) Whole Grain Cornbread(180) Chilled Peaches(5)	27	28 COMIDA ALTA EN SODIO Pork Verde Tacos w/Lime*(595) Mexican Rice(70) Broccoli(38) Dinner Roll(100) Pound Cake w/Blueberries(240)	29	30 Chicken Carbonara w/Ham*(633) Whole Grain Pasta(4) California Blend Vegetables(34) Dinner Roll(100) Chilled Pears(0)
Cal:757 Carb:95 Na:504		Cal:792 Carb:94 Na:1248		Cal:697 Carb:80 Na:906

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information. Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine (15mg Na)	Suggest voluntary donation \$3/meal Menu subject to change without notice	Key for symbols: Cal=Calories (Mg Na in each ítem) Carb-Carbohydrates Carbs listed For both reg/diet desserts Na=Sodium *Sodium content (>500mg)	1	2 Swedish Turkey Meatballs(480) Roasted Potatoes(85) Broccoli(38) Whole Grain Cornbread(180) Fresh Fruit(1)
				Cal:783 Carb:104 Na:919
5 Arroz con Atume(271) Rice & Beans(124) Green Beans & Peppers(21) Wheat Bread(65) Applesauce(2)	6	7 Sancocho(213) Mashed Potatoes(23) Carrots(56) Wheat Roll(150) Shortbread Cookie(150)	8	9 Pork w/Apple Cranberry Chutney(85) Mashed Sweet Potatoes(20) Vegetable Medley(54) Wheat Roll(150) Mandarin Oranges(5)
Cal:755 Carb:88 Na:618		Cal:732 Carb:87 Na:1124		Cal:798 Carb:91 Na:691
12 Sin Servicio de Comidas	13	14 Pollo Guisado(223) Black Eyed Peas(141) Carrots(56) Wheat Bread(65) Fresh Fruit(1)	15	16 Beef Stroganoff(201) Egg Noodles(7) Broccoli(38) Whole Grain Cornbread(180) Vanilla Pudding(130)
		Cal: 821 Carb:98 Na:621		Cal: 917 Carb:91 Na:691
19 Creamy Cajun Chicken(38) Mashed Potatoes(23) California Blend Veg(34) Dinner Roll(100) Chocolate Pudding(135)	20	21 Beef Picadillo(153) Arroz con Gandules(70) Mixed Vegetables(51) Dinner Roll(100) Mandarin Oranges(5)	22	23 White Fish Florentine(297) Rice Pilaf(49) Brussels Sprouts(26) Wheat Bread(65) Oatmeal Cookie(90)
Cal:743 Carb:80 Na:458		Cal:738 Carb:87 Na:514		Cal:702 Carb:86 Na:632
26 Caribbean Fish Curry(133) Yellow Rice(25) Tuscan Blend Vegetables(26) Whole Grain Cornbread(180) Chilled Peaches(5)	27	28 HIGH SODIUM Pork Verde Tacos w/Lime*(595) Mexican Rice(70) Broccoli(38) Dinner Roll(100) Pound Cake w/Blueberries(240)	29	30 Chicken Carbonara w/Ham*(633) Whole Grain Pasta(4) California Blend Vegetables(34) Dinner Roll(100) Chilled Pears(0)
		Cal:792 Carb:94 Na:1248		Cal:697 Carb:80 Na:906