

April 2021

Greater Springfield Senior Services, Inc.

Grab 'n Go Menu

See Grab 'n Go Schedule for information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key For Symbols: Cal= Total Calories Carb = Total Carbohydrates Na= Total Sodium	If you have a special concern regarding the sodium, contact the GSSSI Dietitian at 781-8806 X 136 for more information.	Suggested Voluntary Donation \$2 per meal.	1 Chicken Paprikash Garlic Spinach Egg Noodles Apple Crisp	2 Egg Salad Sandwich on White Bread Chocolate Brownie
			Cal:598 Carb:75 Na:354	Cal:890 Carb:102 Na:1110
5 Santa Fe Style Salad Fresh Fruit	6 Herbed Tilapia Tuscan Blend Veg Rice Pilaf Oat Nut Bread Fresh Fruit	7 Tuna & Cucumber Sandwich Chocolate Brownie	8 Veggie Tetrazzini Caesar Salad Green Beans Fresh Strawberries	9 HIGH SODIUM DAY Virginia Ham & Cheddar On Multigrain Vanilla Pudding
Cal:687 Carb:39 Na:1082	Cal:457 Carb:69 Na:419	Cal:820 Carb:107 Na:800	Cal:483 Carb:51 Na:332	Cal:680 Carb:93 Na:1350
12 Turkey & Swiss On Pretzel Roll Blueberry Parfait	13 Lemon Chicken Country Blend Veg Brown Rice Fresh Cantaloupe	14 HIGH SODIUM DAY Buffalo Chicken Salad Bleu Cheese Dressing Strawberry Parfait	15 Beef Barley Stew Cauliflower Buttermilk Biscuit Sugar Free Jell-O	16 Garden Salad Tuna Salad Fresh Fruit
Cal:470 Carb:73 Na:875	Cal:488 Carb:62 Na:304	Cal:720 Carb:62 Na:1365	Cal:607 Carb:64 Na:409	Cal:650 Carb:33 Na:955
19 HOLIDAY- NO MEALS	20 Rosé Chicken w/Artichokes&Mushrooms Herbed Pasta Fresh Strawberries	21 Cranberry Walnut Salad With Chicken Salad Strawberry Parfait	22 Peppercorn Pork Chops Brussels Sprouts Mashed Potatoes Fruit Crisp	23 Fresh Smoked Turkey and Brie On Cranberry Orange Bread Mixed Berry Parfait
	Cal:501 Carb:69 Na:461	Cal:650 Carb:82 Na:690	Cal:553 Carb:50 Na:318	Cal:500 Carb:72 Na:915
26 Chicken Caesar Wrap Blueberry Parfait	27 Pot Roast w/Gravy Green Beans ½ Baked Potato Sugar Free Jello	28 Garden Salad Egg Salad Fresh Fruit	29 Fish Tacos Cilantro Coleslaw Tomato Corn Salad Chilled Pineapple	30 Tripleta Sandwich On Onion Roll Mixed Berry Parfait
Cal:530 Carb:78 Na:875	Cal:458 Carb:58 Na:309	Cal:627 Carb:96 Na:825	Cal:626 Carb:71 Na:493	Cal:470 Carb:72 Na: 925