

June 2021

Greater Springfield Senior Services, Inc.

Grab n Go Menu

For Reservations or Cancellations call by 11:00 a.m. the day before at the site you attend

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested voluntary donation \$2.00 per meal.</p> <p>Menu subject to change With out notice.</p>	<p>1 HIGH SODIUM DAY Seafood Salad on a Bun Marinated Vegetable Blend Chilled peaches Diet Cookies</p>	<p>2 SALAD DAY Chef's Salad w/Cucumbers, Tomatoes & Italian Dressing Green Bean Pimento Salad Whole Wheat Roll Fresh Fruit</p>	<p>3 Chicken Caesar in a Spinach Wrap Macaroni Salad Mandarin Oranges</p>	<p>4 SALAD DAY Turkey Waldorf Salad Summer Zucchini Salad Celery Salad Whole Grain Crackers Strawberry Parfait</p>
	Cal:574 Carb:98 Na:1250	Cal:570 Carb:65 Na:999	Cal:699 Carb:63 Na:1157	Cal:866 Carb:125 Na:991
<p>7 Ham & Swiss w/Lettuce, Tomato & Mustard on Whole Wheat Bread Carrot Raisin Salad Chilled Pears</p>	<p>8 SALAD DAY Tuna Noodle Salad Marinated Summer Blend Oat Nut Bread Mixed Fruit</p>	<p>9 SALAD DAY Cottage Cheese on Lettuce & Tomato 3 Bean Salad Whole Wheat Roll Diet Peaches</p>	<p>10 SALAD DAY Cape Cod Chicken Salad Grain and Veggie Salad Potato Salad Whole Grain Crackers Fruit Parfait</p>	<p>11 Roast Beef & Munster w/ Lettuce, Tomato & Onion on 12 Grain Bread White Bean Cucumber Salad Diet Cookie</p>
Cal:594 Carb:73 Na:1018	Cal:888 Carb:127 Na:1115	Cal:510 Carb:101 Na:1026	Cal:961 Carb:148 Na:1035	Cal:743 Carb:80 Na:1154
<p>14 Classic Tuna w/ Lettuce, Onion & Tomato in a Herb Wrap Baby Carrots Fresh Fruit</p>	<p>15 SALAD DAY 6 Layer Chicken Salad Tomato White Bean Salad Whole Wheat Pita Chilled Pineapple</p>	<p>16 Dilly Egg Salad on Oat Nut Bread Ziti Broccoli Salad Mixed Berry Parfait</p>	<p>17 Salami & Swiss w/ Lettuce & Tomato on a Bun Bowtie Pasta Salad Chilled Pears</p>	<p>18 SALAD DAY Salmon on a Tossed Salad w/ Tomatoes, Cucumbers & Balsamic Dressing Multigrain Bread Diet Pudding</p>
Cal:538 Carb:48 Na:1049	Cal:506 Carb:79 Na:854	Cal:941 Carb:121 Na:971	Cal:680 Carb:69 Na:1179	Cal:553 Carb:48 Na:496
<p>21</p> <p>HOLIDAY- NO MEALS</p>	<p>22 SALAD DAY Pesto Tortellini Salad Tossed Salad w/Italian Dressing Marinated Country Blend Veggies Blueberry Snack Loaf</p>	<p>23 Curry Chicken Salad w/ Mixed Greens in a Whole Wheat Pita Broccoli Slaw Tropical Fruit</p>	<p>24 SALAD DAY Asian Chicken Salad on Spinach Lettuce, Cucumbers & Orange Dressing Crispy Chow Mein Noodles Whole Wheat Pita Diet Cookie</p>	<p>25 Turkey & Munster w/Lettuce & Tomato on a Bun Venetian Pasta Salad Mixed Berry Parfait</p>
	Cal:643 Carb:93 Na:755	Cal:530 Carb:74 Na:821	Cal:551 Carb:54 Na:969	Cal:748 Carb:90 Na:898
<p>28 Grilled Chicken w/Lettuce, Tomato, & Mayo on a Bun Coleslaw Diet Cookie</p>	<p>29 SALAD DAY HIGH SODIUM DAY Mediterranean Pasta Salad Chickpea Tomato Salad Cucumber Salad Whole Wheat Pita Fresh Fruit</p>	<p>30 Tarragon Tuna Salad w/Lettuce & Tomato on 12 Grain Bread English Pea Salad Diet Cookie</p>	<p>Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine (15mg Na).</p>	
Cal:686 Carb:71 Na:1116	Cal:816 Carb:133 Na:1442	Cal:679 Carb:80 Na:1163		