

<b>May 2021</b> <b>Greater Springfield Senior Services, Inc.</b> <b>Grab n Go Menu</b> For Reservations or Cancellations call by 11:30 a.m. the day before at 781-2135 or Toll free 800-649-3641				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3</b> Tuna Salad Beet Onion Salad Potato Salad Hamburger Bun Mixed Berry Parfait Cal:776 Carb:113 Na:1455	<b>4</b> Golden BBQ Chicken Thigh Tossed Salad w/Ranch Red Bliss Potatoes 12 Grain Bread Fresh Fruit Cal:736 Carb:79 Na: 1051	<b>5</b> Dilly Egg Salad Ziti Broccoli Salad Chickpea Salad Whole Wheat Roll Diet Pudding Cal: 778 Carb:79 Na:861	<b>6</b> Salami and Swiss Lettuce/Tomato Carrot Raisin Salad Sandwich Bun Chilled Pears Cal:605 Carb:64 Na:1135	<b>7</b> Salmon Salad Citrus Carrot Salad Green Bean Tomato Salad Oatnut Bread Fresh Fruit Cal:639 Carb:90 Na:1124
<b>10</b> Curry Chicken Salad White Bean Cucumber Salad Southwest Pasta Salad Whole Wheat Roll Tropical Fruit Cal:842 Carb:87 Na:1180	<b>11 HIGH SODIUM DAY</b> Turkey w/Dijon Herb Sce* California Blend Veg Scalloped Potatoes Whole Wheat Bread Birthday Cake Cal:555 Carb:98 Na:1450	<b>12</b> Tortellini Ham Salad Broccoli Raisin Salad Blueberry Snack Loaf Chilled Apples Cal:701 Carb:83 Na:1178	<b>13</b> Turkey and Munster Cheese Celery Salad Pasta Salad Hamburger Bun Fresh Fruit Cal:611 Carb:70 Na:1032	<b>14</b> Grilled Chicken Sandwich Lettuce/Tomato/Mayo Coleslaw Whole Wheat Bread Blueberry Parfait Cal:788 Carb:99 Na:1140
<b>17 HIGH SODIUM DAY</b> Mediterranean Pasta Salad Chickpea Salad Bruschetta Whole Wheat Pita Diet Pudding Cal:949 Carb:138 Na:1477	<b>18</b> Meatloaf w/Gravy Steamed Cauliflower Yams Whole Wheat Roll Chilled Pineapple Cal:729 Carb:106 Na:626	<b>19</b> Roast Beef and Swiss Beet Salad Marinated California Blend Rye Bread Strawberry Parfait Cal:752 Carb:91 Na:1145	<b>20</b> Ham Salad Country Tomato Salad Orzo Spinach Salad Whole Wheat Bread Chilled Peaches Cal:640 Carb:85 Na:1148	<b>21</b> Spinach Salad w/Ranch Cucumber Onion Salad Three Bean Salad Whole Wheat Bread Mandarin Oranges Cal:559 Carb:70 Na:946
<b>24</b> Chilled Sesame Noodles Marinated Green Beans Napa Cabbage Slaw Cranberry Snack Loaf Berry Parfait Cal:828 Carb:121 Na:777	<b>25</b> Broccoli Alfredo Pasta Tossed Salad w/Ranch Garlic Breadstick Oatmeal Raisin Cookie Cal:983 Carb:96 Na:913	<b>26</b> Cape Cod Tuna Salad Lettuce/Tomato Cucumber Salad Hamburger Bun Mixed Berry Parfait Cal: 610 Carb:88 Na:752	<b>27</b> Traditional Egg Salad Tossed Salad w/House Bowtie Pasta Salad 12 Grain Bread Diet Chocolate Chip Cookie Cal:810 Carb:75 Na:988	<b>28</b> Turkey Club Lettuce/Tomato/Mayo Marinated Veg Blend 12 Grain Bread Spiced Apples Cal:687 Carb:76 Na:1182
<b>31</b> <b>HOLIDAY- NO MEALS</b>	Key: Total Cal= Calories of Meal Total Na= Sodium of Meal	<b>Suggested voluntary donation</b> <b>\$2.00 per meal.</b>  <b>Menu subject to change</b> <b>With out notice.</b>	<b>If you have a special concern</b> <b>regarding the sodium,</b> <b>contact the Dietitian.</b> <b>Call GSSSI 781-8806 X 136</b> <b>for more information.</b>	<b>Total Sodium &amp; Calories</b> <b>include regular dessert,</b> <b>milk (100mg Na)</b> <b>&amp;margarine(15mg Na).</b>