

April 2021

Greater Springfield Senior Services, Inc.

Cold Supper Menu

For Reservations or Cancellations call by 11:30 a.m. the day before at 781-2135 or Toll free 800-649-3641

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested voluntary donation \$2.00 per meal.</p> <p>Menu subject to change With out notice.</p>	<p>Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine (15mg Na).</p>	<p>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 136 for more information.</p>	<p>1 Turkey and Swiss Pocket Lettuce/Tomato Broccoli Pasta Salad Whole Wheat Pita Diet Pudding Cal:673 Carb:76 Na:845</p>	<p>2 Grilled Chicken Sandwich Lettuce/Tomato/Mayo Confetti Coleslaw Hamburger Bun Diet Cookies Cal:574 Carb:60 Na:833</p>
<p>5 Spinach Salad Cucumber Onion Salad Three bean Salad Whole Wheat Bread Mandarin Oranges Cal:554 Carb:47 Na:966</p>	<p>6 Tarragon Tuna Salad Tossed Salad w/Italian English Pea Salad 12 Grain Bread Sliced Pears Cal:532 Carb:65 Na:1018</p>	<p>7 Roast Beef Reuben Coleslaw Marinated California Blend On Marble Rye Bread Fresh Fruit Cal:645 Carb:63 Na:693</p>	<p>8 Ham Salad Tomato Onion Salad Ziti Broccoli Salad Wheat Bread Chilled Peaches Cal:634 Carb:75 Na:1188</p>	<p>9 HIGH SODIUM DAY Mediterranean Pasta Salad Cucumber Salad Chickpea Salad Whole Wheat Pita Diet Pudding Cal:901 Carb:137 Na:1475</p>
<p>12 Turkey Club Wrap Lettuce/Tomato Marinated Winter Blend Tortilla Cinnamon Apples Cal:569 Carb:59 Na:1155</p>	<p>13 Classic Chicken Salad Broccoli Slaw Potato Salad Whole Wheat Bread Fresh Fruit Cal:624 Carb:81 Na:1192</p>	<p>14 Cape Cod Tuna Salad Lettuce/Tomato Beet Salad 12 Grain Bread Diet Cookies Cal:550 Carb:69 Na:908</p>	<p>15 Egg Salad Ziti Broccoli Salad Three Bean Salad Whole Wheat Bread Diet Cookies Cal:821 Carb:65 Na:1120</p>	<p>16 Chilled Sesame Noodles Napa Cabbage Slaw Marinated Green Beans Cranberry Snack Loaf Diet Pineapple Cal:747 Na:895</p>
<p>19 HOLIDAY- NO MEALS</p>	<p>20 Chef's Antipasto Salad Tossed Salad w/Italian Black Bean Corn Salad Italian Bread Fresh Fruit Cal:551 Carb:88 Na:1171</p>	<p>21 HIGH SODIUM DAY Seafood Salad Marinated Winter Blend Potato Corn Salad Hot Dog Bun Chilled Peaches Cal:547 Carb:89 Na:1429</p>	<p>22 Chicken Caesar Wrap White Bean Cucumber Salad Southwest Pasta Salad Whole Wheat Roll Diet Mixed Fruit Cal:820 Carb:96 Na:1148</p>	<p>23 Turkey Waldorf Salad Cauliflower Carrot Salad Celery Salad Fresh Fruit Cal:568 Carb:73 Na:880</p>
<p>26 Ham and Swiss Sandwich Broccoli Slaw German Potato Salad Whole Wheat Bread Chilled Pears Cal:643 Carb:82 Na:921</p>	<p>27 Tuna Pasta Salad Marinated Summer Blend OatNut Bread Diet Pudding Cal:781 Carb:117 Na:1173</p>	<p>28 Cape Cod Chicken Salad Pickled Beets Potato Salad Cherry Snackloaf Mixed Fruit Cal:655 Carb:84 Na:1188</p>	<p>29 Cottage Cheese Lettuce/Tomato Three Bean Salad Whole Wheat Roll Chilled Peaches Cal:510 Carb:56 Na:1171</p>	<p>30 Ham Frittata Tossed Salad w/Italian Pasta Salad 12 Grain Bread Diet Cookies Cal:646 Carb:76 Na:859</p>