

April 2021

Greater Springfield Senior Services, Inc.

Home Delivered Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested voluntary donation \$2/meal</p> <p>Menu subject to change without notice.</p> <p>Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)</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 Nutritionist. Call GSSSI 781-8806 X 136 for more information.</p>	<p>1 Butternut Mac & Cheese (464) Green Beans (5) 12 Grain Bread (156) Fresh Fruit (1)</p>	<p>2 HIGH SODIUM DAY BBQ Pulled Pork(433) Apple Slaw (132) Pinto Beans(169) Whole Wheat Roll(222) Warmed Applesauce(3)</p>
			<p>Cal:672 Carb:100 Na:805</p>	<p>Cal:736 Carb:104 Na:936</p>
<p>5 Glazed Ham(571) Steamed Asparagus(18) Roasted Yams(79) Whole Wheat Roll(222) Reg/Diet Cookies(83)</p> <p>Cal:708 Carb:107 Na:1109</p>	<p>6 Chicken Fajita (95) Fajita Blend Veg(13) Yellow Rice(17) Tortilla (141) Reg/Diet Brownie(95)</p> <p>Cal:606 Carb:86 Na:496</p>	<p>7 Crispy Fish(314) Okra,Corn,Tomatoes(85) Black Eyed Peas and Rice(16) Whole Wheat Bread(144) Peaches(8)</p> <p>Cal:841 Carb:107 Na:702</p>	<p>8 Roast Turkey w/Gravy(466) Collard Greens(60) Whipped Potatoes(75) Whole Wheat Roll(222) Reg/Diet Pudding(194)</p> <p>Cal:719 Carb:110 Na:1152</p>	<p>9 Korean Meatballs*(633) Steamed Carrots(64) Brown Rice Pilaf(218) Whole Wheat Bread(144) Mandarin Oranges(10)</p> <p>Cal: 721 Carb:106 Na:1167</p>
<p>12 Broccoli Alfredo Pasta(273) Tossed Salad w/Ranch (125) Garlic Breadstick(297) Chilled Pineapple(2)</p> <p>Cal:732 Carb:126 Na:831</p>	<p>13 Salmon w/Old Bay Sauce*(503) Brussels Sprouts(17) Brown Rice Pilaf (218) Multigrain Bread(156) Fresh Fruit(1)</p> <p>Cal:798 Carb:88 Na:994</p>	<p>14 Chicken Souvlaki(355) Tomato Mozzarella Salad(220) Lemon Rice(31) Whole Wheat Bread(144) Pear Crisp(12)</p> <p>Cal:870 Carb:105 Na:897</p>	<p>15 Pot Roast w/Gravy(134) Steamed Spinach(113) Roasted Potatoes(5) Whole Wheat Roll(222) Reg/Diet Birthday Cake(221)</p> <p>Cal: 834 Carb:108 Na:830</p>	<p>16 Cabbage Casserole(220) Over Brown Rice Steamed Peas(68) 12 Grain Bread(199) Tropical Fruit(8)</p> <p>Cal:727 Carb:70 Na: 630</p>
<p>19 HOLIDAY- NO MEALS</p>	<p>20 Chimichurri Cod(183) Roman Blend Veg(19) Carrot Slaw(142) Whole Wheat Bread(144) Pineapple Crisp(166)</p> <p>Cal: 701 Carb:107 Na:790</p>	<p>21 Caribbean Chicken Thighs(84) Tossed Salad w/French(167) Black Beans & Rice(359) 12 Grain Bread(199) Spiced Apples(5)</p> <p>Cal:664 Carb:88 Na:949</p>	<p>22 Turkey Chili(221) Mixed Vegetables(37) Baked Potato(6) Corn Muffin(266) Reg/Diet Chocolate Pudding(208)</p> <p>Cal:714 Carb:106 Na:872</p>	<p>23 French Bread Pizza(365) Tossed Salad w/Ranch(125) Summer Blend Veg(22) Blueberry Snack Loaf(160) Reg/Diet Cookies(34)</p> <p>Cal:791 Carb:86 Na:842</p>
<p>26 Potato Pollock(443) Steamed Broccoli(36) Cheesy Rice(77) Whole Wheat Roll(222) Mixed Fruit(7)</p> <p>Cal:732 Carb:99 Na:920</p>	<p>27 Coconut Curry Chicken*(515) Country Blend Veg(125) Brown Rice(195) 12 Grain Bread(199) Chilled Pineapple(2)</p> <p>Cal: 723 Carb:100 Na:1171</p>	<p>28 HIGH SODIUM DAY Hot Dog w/Bun*(750) Potato Salad(192) Baked Beans(140) Ketchup(82) Mustard(62) Relish(50) Warmed Applesauce(3)</p> <p>Cal:932 Carb:114 Na:1304</p>	<p>29 Pork with Onion Gravy(116) Peas & Mushrooms(90) Scalloped Potatoes(234) Italian Bread(138) Mandarin Oranges(6)</p> <p>Cal:651 Carb:75 Na:724</p>	<p>30 Salmon w/Dill Sauce(196) Mediterranean Blend Veg(147) Couscous(197) Whole Wheat Pita(364) Fresh Fruit(1)</p> <p>Cal:878 Carb:102 Na:1040</p>