

June 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
<b>Suggested voluntary donation \$2.00 per meal.</b>  <b>Menu subject to change With out notice.</b>	<b>1 HIGH SODIUM DAY</b> Seafood Salad Marinated Vegetable Blend Chilled peaches Hot Dog Bun Diet Cookies Cal:574 Carb:98 Na:1250	<b>2</b> Chef's Salad w/Italian Green Bean Pimento Salad Tomatoes/Cucumbers Wheat Roll Fresh Fruit Cal:570 Carb:65 Na:999	<b>3</b> Chicken Caesar Wrap Macaroni Salad In a Spinach Wrap Mandarin Oranges Cal:699 Carb:63 Na:1157	<b>4</b> Turkey Waldorf Salad Summer Zucchini Salad Celery Salad Whole Grain Crackers Strawberry Parfait Cal:866 Carb:125 Na:991
	<b>7</b> Ham and Swiss w/Mustard Lettuce/Tomato Carrot Raisin Salad Whole Wheat Bread Chilled Pears Cal:594 Carb:73 Na:1018	<b>8</b> Tuna Noodle Salad Marinated Summer Blend Oat Nut Bread Mixed Fruit Cal:888 Carb:127 Na:1115	<b>9</b> Cottage Cheese Lettuce/Tomato 3 Bean Salad WW Roll Diet Peaches Cal:510 Carb:101 Na:1026	<b>10</b> Cape Cod Chicken Salad Grain and Veggie Salad Potato Salad Whole Grain Crackers Fruit Parfait Cal:961 Carb:148 Na:1035
<b>14</b> Classic Tuna Wrap Lettuce/Tomato Baby Carrots Herbed Wrap Fresh Fruit Cal:538 Carb:48 Na:1049	<b>15</b> 6 Layer Chicken Salad Tomato White Bean Salad Wheat Pita Chilled Pineapple Cal:506 Carb:79 Na:854	<b>16</b> Dilly Egg Salad Sandwich Lettuce/Tomato Ziti Broccoli Salad Oat Nut Bread Mixed Berry Parfait Cal:941 Carb:121 Na:971	<b>17</b> Salami and Swiss Lettuce/Tomato Bowtie Pasta Salad Hamburger Bun Chilled Pears Cal:680 Carb:69 Na:1179	<b>18</b> Salmon Salad Tossed Salad w/Balsamic Tomatoes/Cucumbers Multigrain Bread Diet Pudding Cal:579 Carb:53 Na:956
<b>21</b>  <b>HOLIDAY- NO MEALS</b>	<b>22</b> Pesto Tortellini Salad Tossed Salad w/Italian Marinated Country Blend Blueberry Snack Loaf Chilled Apples Cal:643 Carb:93 Na:755	<b>23</b> Curry Chicken Salad Broccoli Slaw Mixed Leafy Greens Whole Wheat Pita Tropical Fruit Cal:530 Carb:74 Na:821	<b>24</b> Asian Chicken Salad Lettuce, Cucumbers, Spinach Crispy Chow Mein Noodles Whole Wheat Pita Diet Cookie Cal:551 Carb:54 Na:969	<b>25</b> Turkey and Munster Cheese Lettuce/Tomato Venetian Pasta Salad Hamburger Bun Mixed Berry Parfait Cal:748 Carb:90 Na:898
<b>28</b> Grilled Chicken Sandwich Lettuce/Tomato/Mayo Coleslaw Sandwich Bun Diet Cookie Cal:686 Carb:71 Na:1116	<b>29 HIGH SODIUM DAY</b> Mediterranean Pasta Salad Chickpea Tomato Salad Cucumber Salad Whole Wheat Pita Fresh Fruit Cal:816 Carb:133 Na:1442	<b>30</b> Tarragon Tuna Salad Lettuce/Tomato English Pea Salad 12 Grain Bread Reg/Diet Cookies Cal:679 Carb:80 Na:1163	<b>Total Sodium &amp; Calories include regular dessert, milk (100mg Na) &amp;margarine(15mg Na).</b>	