

June 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
If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 136 for more information. Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine (15mg Na).	1 Cabbage Casserole (219) Over Brown Rice Steamed Peas (68) 12 Grain Bread (199) Tropical Fruit (8)	2 Chimichurri Cod (35) Roman Blend Veg (19) Lemon Orzo (31) Oat Nut Bread (223) Reg/Diet Cookies (8)	3 COLD PLATE / NATIONAL EGG DAY Egg Salad (273) Tossed Salad w/French (167) Chickpea Salad (209) Whole Wheat Roll (222) Fresh Fruit (1)	4 Turkey Chili (222) Mixed Vegetables (37) ½ Baked Potato (6) Corn Muffin (266) Sour Cream (261) Reg/Diet Chocolate Pudding (208)
	Cal:706 Carb:98 Na: 625	Cal: 716 Carb:89 Na:722	Cal:725 Carb:102 Na:971	Cal:773 Carb:108 Na:903
7 HIGH SODIUM DAY Hot Dog w/Bun*(803) Potato Salad (105) Baked Beans (80) Ketchup (82) Mustard (61) Relish (50) Warmed Applesauce (3)	8 Potato Pollock (443) Steamed Broccoli (36) ½ Baked Sweet Potato (6) Whole Wheat Roll (222) Mixed Fruit (7) Tartar Sauce (261)	9 Rosé Chicken over Penne (415) Capri Blend Veg (19) Orange Juice (2) 12 Grain Bread (199) Reg/Diet Jello (144)	10 French Bread Pizza (183) Tossed Salad w/Ranch (125) Summer Blend Veg (22) Blueberry Snack Loaf (160) Reg/Diet Cookies (34)	11 Pork with Onion Gravy (116) Peas & Mushrooms (90) Scalloped Potatoes (234) Whole Wheat Bread (144) Mandarin Oranges (6)
Cal:837 Carb:114 Na:1351	Cal:755 Carb:90 Na:1144	Cal:831 Carb:128 Na:906	Cal:698 Carb:81 Na:697	Cal:616 Carb:76 Na:722
14 Salmon w/Dill Sauce (196) Mediterranean Blend Veg (147) Couscous (197) Whole Wheat Pita (158) Fresh Fruit (1)	15 Turkey Burger with Ketchup (222) Tuscan Blend Veg (49) Tater Tots (205) Hamburger Bun (197) Reg/Diet Cookies (93)	16 Golden BBQ Chicken (407) Tossed Salad w/Ranch(10) Red Bliss Potatoes(5) 12 Grain Bread(199) Fresh Fruit(1)	17 Taco Bowl(495) Tomato/Corn Salsa(5) Yellow Rice(17) Flour Tortilla(141) Chilled Peaches(7)	18 COLD PLATE Chef Salad w/French (545) Lettuce/Tomato/Cucumbers Marinated Pasta Salad(23) Whole Wheat Bread(144) Reg/Diet Pudding(170)
Cal:769 Carb:81 Na:833	Cal:693 Carb:81 Na:824	Cal:740 Carb:80 Na: 1051	Cal:912 Carb:106 Na:763	Cal:860 Carb:87 Na:982
21 HOLIDAY- NO MEALS	22 Chicken Marsala(397) Over Penne Pasta(30) Steamed Brussels Sprouts(17) Wheat Bread(144) Fresh Banana	23 Pasta Primavera(39) Italian Blend Veg(38) Steamed Corn(5) 12 Grain Bread(199) Fresh Fruit	24 HIGH SODIUM DAY Turkey w/Dijon Herb Sce*(684) California Blend Veg(34) Scalloped Potatoes(234) Whole Wheat Bread(144) Birthday Carrot Cake(168)	25 American Chop Suey(198) Tossed Salad w/Italian(326) Steamed Spinach Whole Wheat Roll(222) Chilled Pears
	Cal:757 Carb:104 Na:698	Cal: Carb: Na:	Cal:692 Carb:109 Na:1446	Cal:970 Carb:128 Na:857
28 Crab Cake(410) Coleslaw(87) Tartar(261) Potato Wedges(32) Bulkie Roll(272) Fresh Fruit(1)	29 Butternut Mac & Cheese(464) Green Peas(68) Garlic Knot(230) Reg/Diet Cookies(93)	30 BBQ Pulled Pork(433) Apple Slaw(132) Mashed Potatoes(57) Wheat Roll(222) Spiced Fruit(8)		Suggested voluntary donation \$2/meal Menu subject to change without notice. Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)
Cal: 722 Carb:105 Na:1163	Cal:772 Carb:105 Na:980	Cal:717 Carb:100 Na:987		