

**May 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>3</b> Tuna Salad Beet Onion Salad Potato Salad Hamburger Bun Fresh Fruit	<b>4</b> 6 Layer Chicken Salad Pickled Beets WW Pita Mandarin Oranges	<b>5</b> Dilly Egg Salad Ziti Broccoli Salad Chickpea Salad Whole Wheat Roll Diet Pudding	<b>6</b> Salami and Swiss Lettuce/Tomato Carrot Raisin Salad Sandwich Bun Chilled Pears	<b>7</b> Salmon Salad Citrus Carrot Salad Green Bean Tomato Salad Oatnut Bread Diet Pudding
Cal:638 Carb:89 Na:1181	Cal:602 Carb:104 Na:970	Cal: 778 Carb:79 Na:861	Cal:605 Carb:64 Na:1135	Cal:639 Carb:90 Na:1124
<b>10</b> Curry Chicken Salad White Bean Cucumber Salad Southwest Pasta Salad Whole Wheat Roll Tropical Fruit	<b>11 HIGH SODIUM DAY</b> Hummus Wrap Lettuce Tomato Onion Three Bean Salad Whole Wheat Pita Diet Cookie	<b>12</b> Tortellini Ham Salad Broccoli Raisin Salad Blueberry Snack Loaf Chilled Apples	<b>13</b> Turkey and Munster Cheese Celery Salad Pasta Salad Hamburger Bun Fresh Fruit	<b>14</b> Grilled Chicken Sandwich Lettuce/Tomato/Mayo Coleslaw 12 Grain Bread Diet Cookie
Cal:842 Carb:87 Na:1180	Cal:696 Carb:103 Na:1385	Cal:701 Carb:83 Na:1178	Cal:611 Carb:70 Na:1032	Cal:686 Carb:71 Na:1120
<b>17 HIGH SODIUM DAY</b> Mediterranean Pasta Salad Chickpea Salad Cucumber Salad Whole Wheat Pita Diet Pudding	<b>18</b> Tarragon Tuna Salad Tossed Salad w/Italian English Pea Salad 12 Grain Bread Reg/Diet Cookies	<b>19</b> Roast Beef and Swiss Beet Salad Marinated California blend Veg Rye Bread Fresh Fruit	<b>20</b> Ham Salad Country Tomato Salad Orzo Spinach Salad Whole Wheat Bread Chilled Peaches	<b>21</b> Spinach Salad w/Ranch Cucumber Onion Salad Three Bean Salad Whole Wheat Bread Mandarin Oranges
Cal:901 Carb:137 Na:1475	Cal: 615 Carb:70 Na:1078	Cal:608 Carb:64 Na:1024	Cal:640 Carb:85 Na:1148	Cal:559 Carb:70 Na:946
<b>24</b> Chilled Sesame Noodles Marinated Green Beans Napa Cabbage Slaw Cranberry Snack Loaf Chilled Pineapple	<b>25</b> Classic Chicken Salad Broccoli Slaw Potato salad Whole Wheat Bread Fresh Fruit	<b>26</b> Cape Cod Tuna Salad Lettuce/Tomato Cucumber Salad Hamburger Bun Diet Cookies	<b>27</b> Traditional Egg Salad Tossed Salad w/house Bowtie Pasta Salad 12 Grain Bread Diet Chocolate Chip Cookie	<b>28</b> Turkey Club Lettuce/Tomato/Mayo Marinated Veg Blend Whole Grain Bread Spiced Apples
Cal:828 Carb:121 Na:777	Cal:640 Carb:85 Na:937	Cal: 593 Carb:81 Na:945	Cal:810 Carb:75 Na:988	Cal:687 Carb:76 Na:1182
<b>31</b>	Key: Cal= Calories of Meal Na= Sodium of Meal	<b>Suggested voluntary donation                      \$2.00 per meal.</b>  <b>Menu subject to change                      With out notice.</b>	<b>If you have a special concern                      regarding the sodium,                      contact the Dietitian.                      Call GSSSI 781-8806 X 136                      for more information.</b>	<b>Total Sodium &amp; Calories                      include regular dessert,                      milk (100mg Na)                      &amp;margarine(15mg Na).</b>