

May 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
3 Garden Burger w/Cuban Sce*(691) Tuscan Blend Veg(49) Sweet Potatoes(6) Hamburger Bun(197) Reg/Diet Cookies(93) Cal:682 Carb:108 Na:1135	4 Golden BBQ Chicken Thigh(407) Tossed Salad w/Ranch(338) Red Bliss Potatoes(5) 12 Grain Bread(199) Fresh Fruit(1) Cal:736 Carb:79 Na: 1051	5 Turkey Taco Bowl(495) Tomato/Corn Salsa(121) Yellow Rice(17) Flour Tortilla(141) Chilled Peaches(7) Cal:881 Carb:114 Na:881	6 Beef & Broccoli Lo Mein(304) Stir Fry Blend Veg(22) Garlic Green Beans(5) Whole Wheat Roll(222) Reg/Diet Pudding(194) Cal:923 Carb:106 Na:847	7 Chicken Marsala*(714) Over Penne Pasta(9) Steamed Brussels Sprouts 12 Grain Bread(199) Chilled Pears(7) Cal:613 Carb: 89 Na:1046
10 HIGH SODIUM DAY Baked Ravioli*(1007) Green Peas(68) Steamed Corn(5) Whole Wheat Bread(222) Reg/Diet Brownie(82) Cal: 776 Carb:126 Na:1482	11 HIGH SODIUM DAY Turkey w/Dijon Herb Sce*(684) California Blend Veg(34) Scalloped Potatoes(234) Whole Wheat Bread(144) Birthday Cake(255) Cal:601 Carb:93 Na:1407	12 American Chop Suey(404) Winter Blend Veg(19) Whole Wheat Roll(222) Reg/Diet Pudding(208) Cal:640 Carb:92 Na:952	13 Crab Cake(410) Coleslaw(133) Potato Wedges(294) Hamburger Bun(237) Fresh Apple(1) Cal: 679 Carb:107 Na:1175	14 Butternut Mac & Cheese(464) Green Beans(5) Garlic Knot Fresh Fruit(1) Cal:652 Carb:99 Na:792
17 BBQ Pulled Pork(433) Apple Slaw(132) Baked Beans(11) Club Roll(340) Warmed Applesauce(3) Cal:749 Carb:105 Na:1005	18 Meatloaf w/Gravy(235) Steamed Cauliflower(23) Yams(35) Whole Wheat Roll(222) Chilled Pineapple(2) Cal:759 Carb:99 Na:708	19 Chicken Fajita(95) Fajita Blend Veg(13) Yellow Rice(17) Flour Tortilla(141) Reg/Diet Blondie Brownie(176) Cal:645 Carb:90 Na:577	20 Oven Baked Fish(200) Okra Tomatoes & Corn(16) Black Eyed Peas and Rice(85) Whole Wheat Bread(144) Chilled Peaches(6) Cal:678 Carb:95 Na:587	21 Roast Turkey w/Gravy(466) Collard Green(60) Mashed Potatoes(75) Whole Wheat Roll(222) Reg/Diet Pudding(194) Cal:719 Carb:110 Na:1152
24 Korean Meatballs*(633) Steamed Carrots(64) Brown Rice Pilaf(59) Whole Wheat Bread(144) Mandarin Oranges(8) Cal: 666 Carb:84 Na:1044	25 Broccoli Alfredo Pasta(396) Tossed Salad w/Ranch (125) Garlic Breadstick(187) Oatmeal Raisin Cookie(83) Cal:953 Carb:103 Na:831	26 Salmon w/Old Bay Sauce*(503) Brussels Sprouts(17) Red Bliss Potatoes Multigrain Bread(156) Fresh Fruit(1) Cal:716 Carb:78 Na:818	27 Chicken Souvlaki(357) Tomato Mozzarella Salad(220) Lemon Rice(31) Whole Wheat Bread(144) Pear Crisp(12) Cal:870 Carb:105 Na:900	28 Pot Roast w/Gravy*(759) Steamed Spinach(113) Baked Potato(11) Sour Cream(29) Whole Wheat Roll(222) Fresh Fruit Cal: 753 Carb:107 Na:1193
	Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	Suggested voluntary donation \$2/meal Menu subject to change without notice.	Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).	If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 136 for more information.