

October 2022

Greater Springfield Senior Services, Inc.

**Cold Supper Menu** UPDATED 9/1/2022

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                                                                                                                                                                  | F R I D A Y                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>Roast Beef & Swiss<br>Coleslaw<br>Marinated California Blend<br>Marble Rye Bread<br>Oreo Cookies<br>Cal:595 Carb:67 Na:1052     | <b>4</b><br>Mediterranean Tortellini Salad<br>Chickpea Tomato Salad<br>Marinated Cucumber Salad<br>WW Pita<br>Sugar Free Jello<br>Cal:613 Carb:74 Na:733 | <b>5</b><br>Tarragon Tuna Salad<br>Lettuce/Tomato<br>English Pea Salad<br>12 Grain Bread<br>Chilled Pears<br>Cal:599 Carb:61 Na:1081                    | <b>6</b><br>Southwest Chicken Salad<br>w/ Ranch Dressing<br>Cilantro Corn Salad<br>Flour Tortilla<br>Mixed Fruit<br>Cal:626 Carb:70 Na:1033                               | <b>7</b><br>Turkey & Cheddar<br>Tossed Salad w/Italian<br>Butternut Squash Salad<br>Club Roll<br>Fruit Ambrosia<br>Cal:628 Carb:64 Na:927     |
| <b>10</b><br><b>Holiday- No Meals</b>                                                                                                       | Cape Cod Tuna Salad<br>Citrus Carrot Salad<br>Pickled Beets<br>12 Grain Bread<br>Sugar Free Jello<br>Cal:632 Carb:80 Na:1072                             | <b>12</b><br>Ham Salad<br>Tomato Onion Salad<br>Broccoli Pasta Salad<br>Wheat Bread<br>Fresh Fruit<br>Cal:595 Carb:76 Na:836                            | <b>13</b><br>Turkey & Provolone Pocket<br>Lettuce/Tomato<br>Marinated Winter Blend Veg<br>Pita Bread<br>Diet Cookie<br>Cal:512 Carb:60 Na:1145                            | <b>14</b><br>Hawaiian Chicken Salad<br>Ginger Lime Coleslaw<br>Macaroni Salad<br>White Roll<br>Chilled Pears<br>Cal:549 Carb:72 Na:1117       |
| <b>17</b><br>Traditional Egg Salad<br>Three Bean Salad<br>Broccoli Pasta Salad<br>Multigrain Bread<br>Fresh Fruit<br>Cal:941 Carb:86 Na:874 | <b>18</b><br>Chilled Sesame Noodles<br>Napa Cabbage Slaw<br>Cranberry Snack Loaf<br>Sugar Free Cookie<br>Cal:899 Carb:110 Na:525                         | <b>19 HIGH SODIUM DAY</b><br>Chef Salad w/Ham & Turkey<br>Tossed Salad w/French<br>Italian Bread<br>Diet Pudding<br>Cal:568 Carb:46 Na:1313             | <b>20</b><br>Seafood Salad<br>Marinated Corn Salad<br>Bowtie Pasta Salad<br>LS Wheat Bread<br>Chilled Peaches<br>Cal:1092 Carb:112 Na:998                                 | <b>21</b><br>Chicken Caesar Wrap<br>Lettuce/Tomato<br>Cucumber White Bean Salad<br>Spinach Tortilla<br>Mixed Fruit<br>Cal:778 Carb:71 Na:1032 |
| <b>24</b><br>Turkey Waldorf Salad<br>Carrot Cauliflower Salad<br>Pickled Beets<br>12 Grain Bread<br>Fresh Fruit<br>Cal:728 Carb:62 Na:875   | <b>25</b><br>Roast Beef & Munster<br>Broccoli Slaw Mustard pkt<br>Potato Salad<br>Multigrain Bread<br>Mixed Fruit<br>Cal:712 Carb:72 Na:1119             | <b>26</b><br>Cape Cod Chx Salad<br>Fresh Green Beans w/Ranch<br>Red Bliss Potato Salad<br>Oatmeal Bread<br>Sugar Free Cookies<br>Cal:801 Carb:89 Na:916 | <b>27</b><br>Tuna Macaroni Salad<br>Marinated Summer Veg<br>Blueberry Snack Loaf<br>Sugar Free Pudding<br>Cal:853 Carb:92 Na:942                                          | <b>28 HIGH SODIUM DAY</b><br>Cottage Cheese<br>Lettuce /Tomato<br>Three Bean Salad<br>Wheat Roll<br>Chilled Peaches<br>Cal:578 Carb:61 Na:807 |
| <b>31</b><br>Dilly Egg Salad<br>Three Bean Salad<br>Broccoli Pasta Salad<br>Wheat Roll<br>Fresh Fruit<br>Cal:965 Carb:82 Na:920             | Key:<br>Cal= Calories of Meal<br>Carb= Carbohydrates of Meal<br>Na= Sodium of Meal                                                                       | <b>Suggested voluntary donation</b><br><b>\$2.00 per meal.</b><br><br><b>Menu subject to change</b><br><b>Without notice.</b>                           | <b>If you have a special concern</b><br><b>regarding the sodium,</b><br><b>contact the Dietitian.</b><br><b>Call GSSSI 781-8806 X 136</b><br><b>for more information.</b> | <b>Total Sodium &amp; Calories</b><br><b>include regular dessert,</b><br><b>milk (100mg Na)</b><br><b>&amp;margarine(15mg Na).</b>            |