

October 2022

Greater Springfield Senior Services, Inc.

Home Delivered Menu Updated on 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 Email: GSSSI.Nutrition@gsssi.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mac & Cheese (285) Stewed Tomatoes(221) Whole Wheat Bread (115) Cranberry Juice (3) Reg/Diet Pudding(200)	4 Shepherd's Pie(211) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Pears(38)	5 BBQ Pulled Pork(111) Glazed Carrots(77) ½ Baked Sweet Potato(22) Wheat Bun(230) Pound Cake(240)	6 Fish Sticks(560) w/Tartar(130) Brussels Sprouts(12) Brown Rice Pilaf(12) Whole Wheat Roll(210) Chilled Peaches(6)	7 Cranberry Glazed Chicken(454) Steamed Spinach(76) Au Gratin Potatoes(195) Whole Wheat Bread(115) Mandarin Oranges(7)
Cal:664 Carb:97 Na:939	Cal:659 Carb:72 Na:622	Cal:797 Carb:82 Na:1100	Cal:781 Carb:118 Na:1143	Cal:720 Carb: Na:960
10 HOLIDAY- NO MEALS	11 American Chop Suey(211) Roman Blend Veg(35) Wheat Roll(210) Reg/Diet Cookie(105)	12 HIGH SODIUM DAY Steak and Cheese Sandwich*(618) Onions & Peppers(81) Minestrone Soup(440) Hot Dog Bun(210) Peach Crisp(36)	13 Jamaican Jerk Chicken(164) Steamed Broccoli(9) Coconut Rice(172) Whole Wheat Bread(115) Mixed Fruit(5)	14 Eggplant Parm*(659) Tossed Salad w/Italian(123) Penne Pasta(1) Blueberry Snack Loaf(160) Reg/Diet Jello
	Cal:727 Carb:102 Na:700	Cal:673 Carb:86 Na:1499	Cal:646 Carb:78 Na:579	Cal:882 Carb:117 Na:992
17 Turkey Chili(245) Sour Cream(9) Mixed Vegetables(53) ½ Baked Potato(9) Mini Cornbread(80) Fresh Fruit(1)	18 Potato Pollock Filet(270) Tartar(130) Steamed Broccoli(9) Lemon Rice(19) Whole Wheat Bread(115) Chilled Pears(4)	19 BIRTHDAY CELEBRATION Chicken Cordon Bleu(550) Brussels Sprouts(12) Sweet Potatoes(33) Rye Bread(150) Birthday Cupcake(140)/Diet Cake	20 Meatloaf w/Mushroom Gravy(391) Stewed Zucchini/Tomato (75) Steamed Peas(97) Whole Wheat Bread(115) Reg(109)/Diet Cookies	21 Broccoli Alfredo Pasta(494) Steamed Spinach(76) Orange Juice(26) Whole Wheat Roll(210) Chilled Peaches(6)
Cal:790 Carb:118 Na:652	Cal:615 Carb:75 Na:532	Cal:774 Carb:93 Na:999	Cal:622 Carb:67 Na:902	Cal:646 Carb:100 Na:927
24 Ravioli w/Meatsauce(355) Italian Blend Veg(19) Italian Bread(230) Reg/Diet Cookies(105)	25 Chicken Nuggets(321) Ketchup pkt(82) Green Beans (13) Steamed Corn(1) Whole Wheat Bread(115) Reg(35)/Diet Jello	26 Pot Roast w/Gravy (22) Steamed Broccoli (9) Garlic Mashed Potatoes(117) Whole Wheat Bread(115) Fresh Fruit(1)	27 Turkey Sloppy Joe*(570) Coleslaw(118) Tater Tots(28) Hamburger Bun(230) Mixed Fruit(5)	28 Butter Crumb Fish(444) Steamed Carrots(44) Rice Pilaf(12) Tartar(130) Wheat Roll(210) Chilled Apricots(10)
Cal:737 Carb:88 Na:718	Cal:575 Carb:71 Na:674	Cal:594 Carb:77 Na:399	Cal:771 Carb:95 Na:1066	Cal:675 Carb:83 Na:964
31 HALLOWEEN MEAL Chilling Chicken Pot Pie(243) Spooky Steamed Green Beans(5) Broomstick Biscuit Topping(170) Frightening Fudge Cookie(85)	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.
Cal:579 Carb:59 Na:618				