

November 2022

Greater Springfield Senior Services, Inc.

Cold Supper Menu Updated 09/28/2022

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	FRIDAY
Suggested voluntary donation \$2.00 per meal. Menu subject to change With out notice.	1 Tuna Pocket Lettuce/Tomato Bowtie Pasta Salad ½ Pita Pocket Mixed Fruit Cal:923 Carb:61 Na:658	2 Cobb Salad w/ Turkey Bacon Lettuce Blend & Tomatoes Ranch Dressing Italian Bread Chilled Pears Cal:502 Carb:57 Na:785	3 Turkey & Cheddar Tossed Salad w/Ranch Butternut Squash Salad Club Roll Fruit Ambrosia Cal:665 Carb:63 Na:1112	4 Corned Beef & Swiss Green Bean Pimento Salad Coleslaw Wheat Bread Diet Cookie Cal:606 Carb:57 Na:1102
	7 Italian Tuna Salad Citrus Carrot Salad Bowtie Pasta Salad Italian Bread Diet Pudding Cal:855 Carb:78 Na:1012	8 Roast Beef & Swiss Coleslaw Marinated California Blend Marble Rye Bread Diet Cookies Cal:597 Carb:67 Na:1057	9 Curry Chicken Salad Cucumber Mint Salad Seasoned Chickpea Salad ½ Whole Wheat Pita Mixed Fruit Cal:755 Carb:93 Na:755	10 Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Mandarin Oranges Cal:627 Carb:65 Na:901
14 Traditional Egg Salad Three Bean Salad Broccoli Pasta Salad Whole Wheat Bread Mixed Fruit Cal:863 Carb:70 Na:793	15 Turkey & Provolone Lettuce/Tomato Marinated Winter Blend Veg Whole Wheat Bread Diet Cookie Cal:537 Carb:57 Na:1112	16 HIGH SODIUM DAY Salami & American Cheese Carrot Raisin Salad Potato Salad Rye Bread Chilled Applesauce Cal:835 Carb:51 Na:1406	17 Chicken Caesar Wrap Lettuce/Tomato Cucumber White Bean Salad Spinach Tortilla Fresh Fruit Cal:713 Carb:71 Na:1191	18 Ham Salad Pickled Beets Broccoli Slaw Multigrain Bread Chilled Apricots Cal:635 Carb:74 Na:1131
21 Tuna Macaroni Salad Marinated Peas & Cauliflower Blueberry Snack Loaf Sugar Free Pudding Cal:853 Carb:92 Na:942	22 Turkey Waldorf Salad Carrot Cauliflower Salad Celery Salad Whole Wheat Bread Fresh Fruit Cal:699 Carb:62 Na:875	23 Mediterranean Tortellini Salad Chickpea Tomato Salad Marinated Cucumber Salad WW Bread Sugar Free Jello Cal:613 Carb:74 Na:733	24 HOLIDAY- NO MEALS	25 Chef Salad w/Ham & Turkey Tossed Salad w/French Italian Bread Chilled Applesauce Cal:579 Carb:57 Na:1166
28 Cape Cod Chx Salad Pickled Beets Red Bliss Potato Salad Oatmeal Bread Fresh Fruit Cal:763 Carb:89 Na:830	29` Tarragon Tuna Salad Lettuce/Tomato English Pea Salad 12 Grain Bread Chilled Pears Cal:599 Carb:61 Na:1081	30 Roast Beef & Swiss Coleslaw Marinated California Blend Marble Rye Bread Oreo Cookies Cal:595 Carb:67 Na:1052		Total Sodium & Calories include regular dessert, milk (100mg Na) &margarine(15mg Na).