

November 2022

Greater Springfield Senior Services, Inc.

Home Delivered Menu Updated 10/07/2022

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
If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 136 for more information. Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine (15mg Na).	1 Pierogis(440) Sautéed Cabbage(37) Parslied Carrots(62) Rye Bread(150) Fresh Fruit(0)	2 Turkey Taco Plate(286) Cilantro Corn Salsa(4) Yellow Rice(29) Flour Tortilla(170) Pound Cake(240)	3 NATIONAL SANDWICH DAY Steak & Cheese Sandwich*(618) Onions & Peppers(3) Tater Tots(28) Wheat Bread(115) Mixed Fruit(0)	4 Chicken Parmesan*(607) Tossed Salad w/Italian(123) Penne w/Sauce(58) Whole Wheat Roll(210) Chilled Peaches(6)
	Cal:518 Carb:84 Na:829	Cal:607 Carb:79 Na:812	Cal:599 Carb:66 Na:1130	Cal:839 Carb:97 Na:1140
7 Fish Sticks(210) w/Tartar(130) Steamed Broccoli(9) Sweet Potato Puffs(230) Whole Wheat Bread(116) Reg/Diet Jello(35)	8 Korean Meatballs(715) Oriental Blend Veg(21) White Rice(4) Oatnut Bread(150) Chilled Applesauce(9)	9 HIGH SODIUM DAY Hot Dog w/Bun*(750) Potato Salad(109) Baked Beans(140) Ketchup(82)/Mustard(55)/Relish(81) Fruit Ambrosia(4)	10 VETERAN'S DAY LUNCH Chx w/Gravy(139) Collard Greens(93) Mashed Butternut Squash(26) Buttermilk Biscuit(172) Reg/Diet Cookies(105)	11 <p style="text-align: center;">HOLIDAY- NO MEALS</p>
Cal:569 Carb:73 Na:844	Cal:696 Carb:106 Na:1087	Cal:862 Carb:83 Na:1306	Cal:727 Carb:66 Na:631	
14 Breakfast Sausage(367) Spiced Apples(20) Potatoes O'Brien(29) French Toast*(600) w/ syrup(23) Chilled Apricots(10)	15 Veggie Lasagna w/Sauce*(540) Apple Juice(5) Steamed Peas(58) WW Bread(115) Chilled Peaches(6)	16 THANKSGIVING DINNER Turkey w/Gravy(492) Green Beans(12) Mashed Potatoes(8) Cranberry Stuffing(265) Pumpkin Pie(300)/Diet Pie	17 Hamburger w/Chz(540) Onions & Mushrooms(96) Tater Tots(28) Ketchup(82) Wheat Burger Bun(330) Mandarin Oranges(6)	18 Shrimp Scampi(268) California Blend Veg(1) Spaghetti Noodles(17) WW Bun(210) Fresh Fruit(0)
Cal:825 Carb:124 Na:1014	Cal:535 Carb:97 Na:838	Cal:936 Carb:136 Na:1146	Cal:753 Carb:86 Na:1197	Cal:618 Carb:96 Na:612
21 Mac & Cheese (285) Stewed Tomatoes(221) Whole Wheat Bread (115) Cranberry Juice (3) Mixed Fruit(5)	22 Beef Stew(117) With Carrots and Corn Mashed Potatoes(46) Wheat Roll(210) Reg/Diet Pudding(200)	23 Crab Cake(410) w/tartar(130) Steamed Corn(1) Coleslaw(118) Whole Wheat Bread(115) Fresh Fruit(1)	24 <p style="text-align: center;">HOLIDAY- NO MEALS</p>	25 Meatball Grinder*(604) Onions & Peppers(3) Tater Tots(240) Hot Dog Bun(210) Reg/Diet Jello(35)
Cal:716 Carb:110 Na:924	Cal:830 Carb:83 Na:688	Cal:612 Carb:91 Na:895		Cal:774 Carb:96 Na:1207
28 Cabbage Roll(750) Roast Beets(195) Whole Wheat Bread(65) Reg/Diet Jello(35)	29 Cranberry Glazed Chicken(454) Glazed Carrots(77) Au Gratin Potatoes(195) Whole Wheat Bread(115) Mandarin Oranges(7)	30 BIRTHDAY CELEBRATION Pulled Pork(111) Steamed Spinach(188) ½ Baked Sweet Potato(22) Wheat Bun(230) Birthday Cupcake(140)/Diet Cake	Suggested voluntary donation \$2/meal Menu subject to change without notice. Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	
Cal:585 Carb:67 Na:1160	Cal:720 Carb: 70 Na:960	Cal:981 Carb:107 Na:1104		