

September 2022

Greater Springfield Senior Services, Inc.

Cold Supper Menu Updated 07/18/2022

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
<b>Suggested voluntary donation \$2.00 per meal.</b>  <b>Menu subject to change Without notice.</b>	<b>Total Sodium &amp; Calories include regular dessert, milk (100mg Na) &amp; margarine (15mg Na).</b>	<b>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 136 for more information.</b>	<b>1</b> Turkey BLT sandwich Lettuce/tomato/mayo Macaroni salad Wheat Roll Fresh Fruit Cal:529 Carb:80 Na:989	<b>2 HIGH SODIUM DAY</b> Salami and Provolone Lettuce & Tomato Carrot Raisin Salad Hamburger Bun Chilled Applesauce Cal:738 Carb:66 Na:1430
			<b>5</b>  <b>HOLIDAY- NO MEALS</b>	<b>6</b> Italian Tuna Salad Citrus Carrot Salad Green Bean Pimento Salad Italian Bread Diet Pudding Cal:501 Carb:60 Na:984
<b>12</b> Traditional Egg Salad Three Bean Salad Bowtie Pasta Salad Multigrain Bread Fresh Fruit Cal:1153 Carb:85 Na:806	<b>13</b> Tarragon Tuna Salad Lettuce/Tomato English Pea Salad 12 Grain Bread Chilled Pears Cal:599 Carb:61 Na:1081	<b>14</b> Mediterranean Tortellini Salad Chickpea Tomato Salad Marinated Cucumber Salad WW Pita Sugar Free Jello Cal:614 Carb:76 Na:776	<b>15</b> Southwest Chicken Salad w/ Ranch Dressing Cilantro Corn Salad Flour Tortilla Mixed Fruit Cal:609 Carb:71 Na:1024	<b>16</b> Turkey & Cheddar Tossed Salad w/Italian Green Bean Apple Salad Club Roll Sugar Free Pudding Cal:593 Carb:72 Na:1176
<b>19</b> Ham Salad Tomato Onion Salad Broccoli Pasta Salad Wheat Bread Chilled Peaches Cal:575 Carb:71 Na:840	<b>20</b> Hawaiian Chicken Salad Ginger Lime Coleslaw Macaroni Salad White Roll Chilled Pears Cal:549 Carb:72 Na:1117	<b>21</b> Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Mandarin Oranges Cal:627 Carb:65 Na:901	<b>22</b> Turkey & Provolone Pocket Lettuce/Tomato Marinated Winter Blend Veg Pita Bread Oreo Cookie Cal:533 Carb:63 Na:1128	<b>23</b> Cape Cod Tuna Salad Lettuce/Tomato Pickled Beets 12 Grain Bread Sugar Free Jello Cal:526 Carb:60 Na:918
<b>26</b> Seafood Salad Marinated Corn Salad Bowtie Pasta Salad LS Wheat Bread Chilled Peaches Cal:1108 Carb:117 Na:1018	<b>27 HIGH SODIUM DAY</b> Roast Beef & Swiss Coleslaw Marinated California Blend Marble Rye Bread Oreo Cookies Cal:630 Carb:68 Na:1222	<b>28</b> Chef Salad w/Ham & Turkey Tossed Salad w/French Italian Bread Fruit Ambrosia Cal:561 Carb:44 Na:1161	<b>29</b> Chilled Sesame Noodles Napa Cabbage Slaw Cranberry Snack Loaf Sugar Free Cookie Cal:892 Carb:109 Na:478	<b>30</b> Chicken Caesar Wrap Lettuce/Tomato Cucumber White Bean Salad Spinach Tortilla Fresh Fruit Cal:800 Carb:73 Na:1029