

September 2022

Greater Springfield Senior Services, Inc.

Home Delivered Menu **Updated 07/25/2022**

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
<p>Suggested voluntary donation \$2/meal Menu subject to change without notice.</p> <p>Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)</p>	<p>Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).</p>	<p>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 136 for more information.</p>	<p>1 Rosé Chicken*(591) Tuscan Blend Veg(47) Bowtie Pasta(2) Orange Juice(0) 12 Grain Bread(200) Fruit Ambrosia(4) Cal:745 Carb:101 Na:964</p>	<p>2 Turkey Chili(452) Sour Cream(9) Mixed Vegetables(53) ½ Baked Potato(9) Mini Cornbread(80) Tapioca/Diet Pudding(121) Cal:818 Carb:114 Na:938</p>
<p>5 HOLIDAY- NO MEALS</p>	<p>6 Penne Pasta Bake(327) Roman Blend Veg(13) Steamed Peas(58) Whole Wheat Bread(115) Reg/Diet Cookies(150) Cal:692 Carb:99 Na:778</p>	<p>7 Crispy Chicken Sandwich(430) Lettuce/Tomato/Mayo(102) Sweet Potato Wedges(132) Hamburger Bun(230) Mixed Fruit(5) Cal:644 Carb:97 Na:1014</p>	<p>8 Butter Crumb Fish(444) w/tartar(130) Brussels Sprouts(12) Lemon Rice(19) Multigrain Bread(200) Chilled Pears(4) Cal:777 Carb:80 Na:1114</p>	<p>9 Turkey w/Dijon Herb Sauce*(757) Dill Carrots(62) Oven Browned Potatoes(29) Oatnut Bread(150) Chilled Pineapple(1) Cal:609 Carb:84 Na:1113</p>
<p>12 GRANDPARENTS DAY MEAL Spaghetti and Meatballs (335) Steamed Spinach(188) Italian Bread(230) Strawberries & Pound Cake(242) Cal:884 Carb:124 Na:1111</p>	<p>13 Chicken Marsala*(579) Steamed Broccoli(9) Rice Pilaf(12) Wheat Bread(115) Fresh Fruit (1) Cal:547 Carb:81 Na:831</p>	<p>14 COLD PLATE Cape Cod Tuna Salad(317) Coleslaw (118) Pickled Beets(195) Rye Bread(150) Chilled Applesauce(9) Cal:570 Carb:72 Na:904</p>	<p>15 Maple Glazed Turkey*(540) Steamed Peas(58) Butternut Squash(26) Oatnut Bread(150) Reg/SF Cookie(109) Cal:729 Carb:113 Na:998</p>	<p>16 Hot Ham & Swiss Sandwich(168) Tater Tots(28) Minestrone Soup(330) Wheat Bread(115) Mixed Fruit(0) Cal:611 Carb:75 Na:761</p>
<p>19 Chicken Pot Pie(243) Steamed Green Beans(5) Biscuit Topping(170) Cranberry Juice(3) Spiced Pears(38) Cal:587 Carb:66 Na:574</p>	<p>20 Ravioli Spinach Alfredo*(825) Steamed Zucchini(2) Italian Blend Veg(19) Whole Wheat Bread(115) Reg/Diet Jello(35) Cal:696 Carb:66 Na:1082</p>	<p>21 BIG E STYLE LOADED BAKED POTATO Baked Potato w/ bacon bits(338) & Broccoli & Cheddar Sauce(285) Sour Cream Pkt(9) Whole Wheat Roll(210) Fudge Cookie(85)/Diet Cookie(162) Cal:844 Carb:99 Na:1039</p>	<p>22 Fish Tacos(560) Cilantro Coleslaw(138) Yellow Rice(29) Flour Tortilla(170) Tartar (130) Chilled Peaches(6) Cal:659 Carb:67 Na:940</p>	<p>23 Swedish Meatballs(333) Over Egg Noodles(5) Glazed Carrots(77) Wheat Bread(115) Fresh Fruit(7) Cal:758 Carb:96 Na:800</p>
<p>26 Big E Style Pierogis/ HIGH SODIUM Pierogis(440) & Sour Cream(9) Cabbage & Carrots(70) Kielbasa*(556) Rye Bread(150) Fresh Fruit(0) Cal:727 Carb:74 Na:1349</p>	<p>27 Pork Roast w/Gravy(136) California Blend Veg(17) Mashed Potatoes(46) Whole Wheat Roll(210) Reg/Diet Cookies(79) Cal:630 Carb:71 Na:530</p>	<p>28 COLD PLATE Turkey & Cheddar(523) Tossed Salad w/Italian(12) Green Bean Apple Salad(3) 12 Grain Bread(200) Mixed Fruit(0) Cal:554 Carb:62 Na:979</p>	<p>29 Potato Pollock Filet(300) w/Tartar(130) Sautéed Spinach(188) Rice Pilaf(12) Whole Wheat Roll(210) Mandarin Oranges(7) Cal:678 Carb:88 Na:992</p>	<p>30 SEPTEMBER BIRTHDAY PARTY Meatloaf w/Mushroom Gravy(391) Brussels Sprouts (12) Au Gratin Potatoes(310) Whole Wheat Bread(115) Birthday Cupcake/Diet Cake(140) Cal:966 Carb:132 Na: 992</p>