

March 2023

Greater Springfield Senior Services, Inc.

Cold Supper Menu UPDATED 01/04/23

For Reservations or Cancellations call the site by 11:00 a.m. the day before

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 136 for more information. Menu subject to change without notice</b></p>	<p><b>Total Sodium &amp; Calories include regular dessert, milk (100mg Na) &amp; margarine(15mg Na). Suggested voluntary donation \$2.00 per meal.</b></p>	<p><b>1</b> Turkey &amp; Provolone Lettuce/Tomato Marinated Winter Blend Veg Wheat Bread Diet Cookie</p>	<p><b>2</b> Curry Chicken Salad Cucumber Mint Salad Seasoned Chickpea Salad ½ Whole Wheat Pita Mixed Fruit</p>	<p><b>3</b> Seafood Salad Zesty Corn Salad Bowtie Pasta Salad Whole Wheat Bread Chilled Peaches</p>
		Cal:537 Carb:57 Na:1112	Cal:755 Carb:93 Na:755	Cal:1092 Carb:112 Na:998
<p><b>6 HIGH SODIUM DAY</b> Salami &amp; American Cheese Carrot Raisin Salad Potato Salad Rye Bread Chilled Applesauce</p>	<p><b>7</b> Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Mandarin Oranges</p>	<p><b>8 HIGH SODIUM DAY</b> Turkey BLT sandwich Lettuce/tomato/mayo Coleslaw Wheat Bun Fresh Fruit</p>	<p><b>9</b> Chicken Caesar Wrap Lettuce/Tomato Macaroni Salad Spinach Tortilla Rice Krispie Treat</p>	<p><b>10</b> Mediterranean Tortellini Salad Chickpea Tomato Salad Marinated Cucumber Salad ½ Whole Wheat Pita Sugar Free Jello w/Topping</p>
Cal:835 Carb:51 Na:1406	Cal:627 Carb:65 Na:901	Cal:525 Carb:59 Na:1223	Cal:809 Carb:80 Na:1099	Cal:739 Carb:76 Na:812
<p><b>13</b> Tuna Macaroni Salad Citrus Carrot Salad Blueberry Snack Loaf Fresh Fruit</p>	<p><b>14</b> Cape Cod Chx Salad Fresh Cherry Tomatoes Potato Salad Oatmeal Bread Sugar Free Cookies</p>	<p><b>15</b> Turkey &amp; Cheddar Carrot Cauliflower Salad Butternut Squash Salad Whole Wheat Roll Mixed Fruit</p>	<p><b>16</b> Chef Salad w/Ham &amp; Turkey Tossed Salad w/French Italian Bread Chilled Applesauce</p>	<p><b>17</b> Traditional Egg Salad Three Bean Salad Celery Salad Whole Wheat Bread Sugar Free Pudding w/topping</p>
Cal:825 Carb:92 Na:604	Cal:714 Carb:82 Na:712	Cal:520 Carb:56 Na:552	Cal:579 Carb:57 Na:1166	Cal:931 Carb:61 Na:1089
<p><b>20</b> Roast Beef &amp; Swiss Coleslaw Marinated California Blend Marble Rye Bread Oreo Cookies</p>	<p><b>21</b> Tarragon Tuna Salad Lettuce/Tomato English Pea Salad 12 Grain Bread Chilled Pears</p>	<p><b>22</b> Southwest Chicken Salad w/ Ranch Dressing Zesty Corn Salad Tortilla Chips Mixed Fruit</p>	<p><b>23</b> Turkey Waldorf Salad Tossed Salad w/Ranch Broccoli Pasta Salad Whole Wheat Bread Fruit Ambrosia</p>	<p><b>24</b> Cottage Cheese Lettuce /Tomato Three Bean Salad Wheat Roll Chilled Peaches</p>
Cal:595 Carb:67 Na:1052	Cal:599 Carb:61 Na:1081	Cal:649 Carb:75 Na:1077	Cal:772 Carb:75 Na:708	Cal:578 Carb:61 Na:807
<p><b>27</b> Hawaiian Chicken Salad Ginger Lime Coleslaw Macaroni Salad White Roll Chilled Pears</p>	<p><b>28</b> Ham Salad Tomato Onion Salad Broccoli Pasta Salad Wheat Bread Fresh Fruit</p>	<p><b>29</b> Turkey &amp; Provolone Pocket Lettuce/Tomato Marinated Winter Blend Veg ½ Pita Bread Sugar Free Jello w/ Topping</p>	<p><b>30</b> Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Mandarin Oranges</p>	<p><b>31</b> Cape Cod Tuna Salad Citrus Carrot Salad Pickled Beets 12 Grain Bread Diet Cookie</p>
Cal:549 Carb:72 Na:1117	Cal:595 Carb:76 Na:836	Cal:507 Carb:47 Na:1132	Cal:627 Carb:65 Na:901	Cal:614 Carb:78 Na:918