

March 2023

Greater Springfield Senior Services, Inc.

Home Delivered Meal Menu UPDATED 01/04/2023

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
Menu subject to change without notice. Suggested voluntary donation \$2/meal Key for Symbols: Na= Sodium Cal= Calories Sodium (mg) * Higher sodium item (>500mg)	If you have a special concern regarding sodium, call GSSSI 781-8806 X 136 for more information. Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).	1 Jamaican Jerk Chicken(164) Green Beans(5) Coconut Rice(172) Oatnut Bread(150) Mixed Fruit(9) Cal:774 Carb:90 Na:597	2 Korean Meatballs(715) Pacific Blend Veg(21) White Rice(4) Oatnut Bread(150) Chilled Applesauce(9) Cal:696 Carb:106 Na:1087	3 Creamy Sundried Tomato Tortellini*(742) Steamed Broccoli(9) WW Bread(115) Reg/Diet Cookie(115) Cal:689 Carb:102 Na:1195
6 Penne Bake w/Meat Sauce(448) Apple Juice(5) California Blend Veg(17) WW Bread(115) Chilled Peaches(6) Cal:718 Carb:113 Na:706	7 Breakfast Sausage(367) Warmed Applesauce(20) Potatoes O'Brien(29) French Toast Stick(300) Chilled Pears(4) SF Maple Syrup(23) Cal:736 Carb:113 Na:939	8 MARCH BIRTHDAY CELEBRATION Chx & Sausage Gravy(497) Green Beans(5) Mashed Potatoes(46) Buttermilk Biscuit(298) Cupcake(240)/Diet Cake Cal:807 Carb:85 Na:1183	9 Turkey w/Dijon Sauce(410) Parslied Carrots(62) Rice Pilaf(12) Whole Wheat Bread(115) Reg/Diet Cookie(70) Cal:518 Carb:70 Na:783	10 Shrimp Scampi(268) Steamed Peas(97) Spaghetti Noodles(17) WW Bun(210) Fresh Fruit(0) Cal:890 Carb:94 Na:709
13 Hamburger w/Chz(422) Onions & Mushrooms(96) Oven Roasted Potatoes(29) Wheat Burger Bun(330) Mixed Fruit(5) Ketchup(82) Cal:719 Carb:87 Na:1078	14 Ham w/Pineapple Sauce*(545) Herbed Green Beans(5) ½ Baked Sweet Potato(22) Dinner Roll(210) Applesauce(14) Cal:502 Carb:74 Na:910	15 Crab Cake(410) w/Tartar(130) Steamed Corn(1) Coleslaw(122) WW Bread(116) Fresh Fruit(1) Cal:612 Carb: Na:895	16 Chicken Teriyaki*(517) Steamed Broccoli(9) Brown Rice(23) Whole Wheat Roll(210) Reg(53)/SF Jello w/topping(12) Cal:617 Carb:83 Na:940	17 ST. PATRICK'S DAY/HIGH SODIUM DAY Corned Beef*(911) Mustard(55) Cabbage & Carrots(110) Red Bliss Potatoes(6) Rye Bread(150) Diet Pistachio Pudding(110) w/topping (12) Cal:552 Carb:68 Na:1494
20 Mac & Cheese (285) Stewed Tomatoes(221) Whole Wheat Bread (115) Cranberry Juice (3) Reg/Diet Cookie(140) Cal:716 Carb:110 Na:924	21 Shepherd's Pie(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5) Cal:653 Carb:83 Na:586	22 BBQ Pulled Pork(365) Spinach(188) ½ Baked Sweet Potato(22) WW Burger Bun(160) Pound Cake(240)/Diet Cookie Cal:707 Carb:74 Na:1090	23 Cranberry Glazed Chicken(454) California Blend Veg(17) Roasted Red Potatoes(6) Whole Wheat Bread(115) Fresh Fruit(1) Cal:555 Carb:89 Na:709	24 New England Fish Chowder(423) Green Beans(5) Cornbread Mini Loaf(80) Chilled Pears(4) Cal:516 Carb:68 Na:525
27 American Chop Suey(211) Roman Blend Veg(35) Wheat Roll(210) Rice Krispie Treat(132) Cal:712 Carb:106 Na:702	28 Braised Pork w/Apple Gravy Steamed Peas(58) Mashed Potatoes(46) Whole Wheat Bread(115) Fresh Fruit(0) Cal:744 Carb:91 Na:508	29 Turkey Divan(342) Steamed Broccoli(9) Egg Noodles(6) Dinner Roll(150) Peach Crisp(65) Cal:667 Carb:79 Na:890	30 MLB OPENING DAY/HIGH SODIUM Hot Dog w/Bun*(750) Potato Salad(109) Baked Beans(140) Ketchup(82)/Mustard(55)/Relish(81) Fruit Ambrosia(4) Cal:876 Carb:80 Na:1314	31 Eggplant Parmesan*(659) Tossed Salad w/Italian(136) Penne w/Sauce(95) Italian Bread(110) Jello(53)/SF Jello w/topping(12) Cal:773 Carb:104 Na:1180