

April 2023

Greater Springfield Senior Services, Inc.

Cold Supper Menu UPDATED 01/30/2023

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
3 Traditional Egg Salad Three Bean Salad Broccoli Pasta Salad Multigrain Bread Fresh Fruit	4 Turkey & Swiss Pickled Beets Carrot Raisin Salad Oatnut Bread Sugar Free Cookie	5 HIGH SODIUM DAY Chef's Tossed Salad w/Ham & Salami Italian Bread Diet Pudding French Dressing	6 Chicken Caesar Wrap Lettuce/Tomato Cucumber White Bean Salad Spinach Tortilla Chilled Peaches	7 Seafood Salad Zesty Corn Salad Bowtie Pasta Salad LS Wheat Bread Mixed Fruit
Cal:941 Carb:86 Na:874	Cal:739 Carb:72 Na:1125	Cal:608 Carb:48 Na:1499	Cal:673 Carb:69 Na:1162	Cal:1092 Carb:112 Na:998
10 Turkey Waldorf Salad Carrot Cauliflower Salad Pickled Beets 12 Grain Bread Fresh Fruit	11 Roast Beef & Muenster Tomato Cucumber Salad Red Bliss Potato Salad Multigrain Bread Mixed Fruit Mustard pkt	12 Cape Cod Chx Salad Cherry Tomatoes Macaroni Salad Oatmeal Bread Oreo Cookies	13 Tuna Macaroni Salad Marinated Summer Veg Blueberry Snack Loaf Diet Pudding w/Topping	14 Cottage Cheese Lettuce /Tomato Three Bean Salad Wheat Roll Chilled Peaches
Cal:728 Carb:69 Na:847	Cal:708 Carb:57 Na:958	Cal:946 Carb:92 Na:1017	Cal:887 Carb:94 Na:955	Cal:578 Carb:61 Na:807
17 HOLIDAY- NO MEALS	18 Dilly Egg Salad Chickpea Tomato Salad Broccoli Pasta Salad Wheat Roll Fresh Fruit	19 Corned Beef & Swiss Green Bean Pimento Salad Coleslaw Wheat Bread Diet Cookie	20 Cobb Salad w/ Turkey Bacon Lettuce Blend & Tomatoes Ranch Dressing Italian Bread Chilled Pears	21 HIGH SODIUM DAY Turkey BLT sandwich Lettuce/tomato/mayo Coleslaw Wheat Bun Fresh Fruit
	Cal:965 Carb:82 Na:920	Cal:621 Carb:56 Na:1152	Cal:502 Carb:57 Na:785	Cal:525 Carb:59 Na:1223
24 Italian Tuna Salad Citrus Carrot Salad Bowtie Pasta Salad Italian Bread Diet Pudding w/Topping	25 Roast Beef & Swiss Coleslaw Marinated California Blend Marble Rye Bread Diet Cookies	26 Curry Chicken Salad Cucumber Mint Salad Seasoned Chickpea Salad ½ Whole Wheat Pita Mixed Fruit	27 Turkey & Cheddar Tossed Salad w/Ranch English Pea Salad 12 Grain Bread Chilled Pears	28 Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Mandarin Oranges
Cal:855 Carb:78 Na:1012	Cal:597 Carb:67 Na:1057	Cal:755 Carb:93 Na:755	Cal:611 Carb:60 Na:1029	Cal:627 Carb:65 Na:901
If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 136 for more information.	Key: Cal= Calories of Meal Carb= Carbohydrates of Meal Na= Sodium of Meal	Suggested voluntary donation \$2.00 per meal. Menu subject to change Without notice.		Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine(15mg Na).