November 2026 **Greater Springfield Senior Services, Inc.** **Puree Menu Updated 10/05/2026**

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
2 Chicken Scampi Rotini Pasta Green Beans & Peppers Fruit	**3** Tomato Bruschetta Chicken Orzo Pasta Mixed Vegetables Fruit	**4** Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit	**5** Lentil Bolognese Whole Grain Pasta Broccoli Fruit	**6** Beef Stew Roasted Potatoes Vegetable Medley Fruit
Cal:790 Carb:90 Na:385	Cal:706 Carb:99 Na:300	Cal:784 Carb:90 Na:474	Cal:638 Carb:105 Na:473	Cal:803 Carb:100 Na:415
9 Chicken w/ Cranberry Chutney Mashed Butternut California Blend Veg Fruit	**10** Salmon with Pineapple Mango Salsa Roasted Potatoes Kale & Red Peppers Fruit	**11** **HOLIDAY- NO MEALS**	**12** Chicken Taco Mini Tortilla Black Beans, Corn, Peppers Fruit	**13** Whole Grain Stuffed Shells w/ Sage Cream Sauce Carrots Fruit
Cal:719 Carb:96 Na:331	Cal:741 Carb:92 na:319		Cal:743 Carb:93 Na:467	Cal:706 Carb:94 Na:807
16 Egg Omelet Roasted Potatoes Mixed Vegetables Fruit	**17** Herb Crusted White Fish Mashed Potatoes Carrots Fruit	**18** Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit	**19 HOLIDAY MEAL** Turkey w/Gravy Mashed Potatoes Green Beans Chocolate Cookie	**20** Rosemary & Garlic Chicken Brown Rice Vegetable Pilaf Broccoli Fruit
Cal:668 Carb:95 Na:495	Cal:712 Carb:101 Na:490	Cal:712 Carb:92 Na:317	Cal:704 Carb:93 Na:873	Cal:860 Carb:97 Na:362
23 Braised Beef Quinoa Green Peas Fruit	**24** Curried Chicken Brown Rice Carrots Fruit	**25** Maple Glazed Pork Roasted Potatoes Mixed Root Vegetables Fruit	**26** **HOLIDAY- NO MEALS**	**27** White Bean & Chicken Chili California Blend Vegetables Fruit
Cal:847 Carb:96 Na:406	Cal:719 Carb:98 Na:399	Cal:735 Carb:98 Na:365		Cal:771 Carb:108 Na:460
30 Chicken Scampi Rotini Pasta Green Beans & Peppers Fruit		**Suggested voluntary donation $3.00 per meal.** **Menu subject to change With out notice.**		**If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 1136 for more information.**
Cal:790 Carb:90 Na:385				