November 2026 Greater Springfield Senior Services, Inc. Cold Supper 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 Turkey & Provolone Cheese Beet Salad Chickpeas, Craisin & Apple Salad Wheat Hamburger Bun Orange	**3** Chicken Salad Potato Salad Broccoli Salad Wheat Bun Vanilla Pudding	**4** Caesar Pasta Salad w/ Chicken Coleslaw Wheat Roll Mandarin Oranges	**5** Chef Salad w/Ranch Dressing w/ Ham, Cheese, Egg Corn & Red Pepper Salad Wheat Roll Lemon White Chocolate Cookie	**6** Tuna Salad Sandwich Butternut Couscous Salad Whole Grain Croissant Shaved Brussel Sprout Salad Applesauce
Cal:712 Carb:90 Na:1133	Cal:898 Carb:76 Na:870	Cal:725 Carb:72 Na:1177	Cal:743 Carb:78 Na:1028	Cal:899 Carb:104 Na:806
9 Caprese Chicken Pasta w/ Mozzarella, Tomatoes & Basil Wheat Roll Sweet Potato & Craisin Salad Pear Fruit Cup	**10** Beef Taco Salad w/Ranch Dressing Black Bean Corn Salad Tortilla Chips Fresh Fruit	**11** **HOLIDAY- NO MEALS**	**12** Buffalo Chicken & Cheese Italian Pasta Salad Shaved Brussels Sprouts Salad Wheat Bun Pumpkin Bread	**13** Egg Salad Potato Salad Broccoli Salad Whole Grain Croissant Chocolate Pudding
Cal:935 Carb:101 Na:775	Cal:720 Carb:70 Na:558		Cal:871 Carb:120 Na:1167	Cal:1028 Carb:83 Na:1116
16 Chicken Salad Sandwich Wheat Bun Ranch Pasta Salad Carrot Raisin Salad Fig Newton	**17** Turkey & Cheese w/mayo Butternut Couscous Salad Beet Salad Wheat Burger Bun Mandarin Oranges	**18** Tortellini Pesto Salad w/ Chicken, Tomatoes, & Corn Carrot Raisin Salad Wheat Dinner Roll Banana	**19** Tuna Salad Three Bean Salad Pickled Cabbage Slaw Wheat Burger Bun Chocolate Brownie Cookie	**20** Ham Salad Chickpea, Craisin, Apple Salad Cucumber Tomato Salad Wheat Bun Tropical Fruit Cup
Cal:896 Carb:107 Na:836	Cal:717 Carb:99 Na:943	Cal:859 Carb:87 Na:1155	Cal:843 Carb:95 Na:984	Cal:675 Carb:86 Na:997
23 Roast Beef & Cheese Sweet Potato Salad Pea Salad Wheat Hamburger Bun Oatmeal Cookie Mustard pkt	**24** Waldorf Chicken Salad Potato Salad Broccoli Salad WG Croissant Fresh Fruit	**25** Egg Salad Italian Pasta Salad Cucumber Dill Salad Wheat Burger Bun Pear Cup	**26** **HOLIDAY- NO MEALS**	**27** Greek Pasta Salad w/ Chicken, Olives, & Feta Chickpea & Red Pepper Salad Wheat Roll Vanilla Pudding
Cal:883 Carb:94 Na:828	Cal:908 Carb:80 Na:856	Cal:882 Carb:101 Na:665		Cal:897 Carb:80 Na:865
30 Turkey & Swiss Pea Salad Carrot Raisin Salad Wheat Burger Bun Pound Cake		**Suggested voluntary donation $3.00 per meal.** **Menu subject to change With out notice.**	**Total Sodium & Calories include regular dessert, milk (105mg Na)**	**If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 1136 for more information.**
Cal:858 Carb:92 Na:1073				