

June 2024

Greater Springfield Senior Services, Inc.

Cold Supper Menu UPDATED 03/27/2024

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	F RIDAY
3 Seafood Salad Marinated Corn Salad Beet Salad Whole Wheat Bread Fresh Fruit Cal:1056 Carb:114 Na:1105	4 Traditional Egg Salad Three Bean Salad Bowtie Pasta Salad Multigrain Bread SF Jello w/Topping Cal:856 Carb:56 Na:1062	5 HIGH SODIUM DAY Chef Salad w/Ham & Turkey Tossed Salad w/French Italian Bread Diet Cookies Cal:542 Carb:48 Na:1223	6 Turkey & Swiss Lettuce/Tomato Potato Salad Rye Bread Applesauce Cal:676 Carb:65 Na: 869	7 Grilled Chicken Caesar Salad Over Tossed Salad Cucumber White Bean Salad Whole Wheat Bread Chilled Pineapple Cal:736 Carb:73 Na:1195
10 Turkey Salad Carrot Raisin Salad Celery Salad Whole Wheat Bread Fresh Fruit Cal:684 Carb:62 Na:689	11 Roast Beef & Muenster Potato Salad Coleslaw Rye Bread Diet Cookie Cal:597 Carb:67 Na:1057	12 Cape Cod Chx Salad Broccoli Slaw Macaroni Salad Oatmeal Bread Chilled Pineapple Cal:791 Carb:79 Na:897	13 Cottage Cheese Lettuce/Tomato Three Bean Salad Wheat Roll Diet Pudding w/Topping Cal:717 Carb:78 Na:1049	14 Tuna Macaroni Salad Broccoli Slaw Italian Bread Chilled Peaches Cal:760 Carb:81 Na:790
17 Dilly Egg Salad Three Bean Salad Pickled Beets Whole Wheat Bread Mixed Fruit Cal:970 Carb:85 Na:1021	18 Tuna Pocket Lettuce/Tomato Bowtie Pasta Salad Wheat Pita Diet Pudding Cal:973 Carb:69 Na:729	19 HOLIDAY- NO MEALS	20 Cobb Salad w/ Lettuce Blend & Tomatoes Ranch Dressing Wheat Bread Raisins Cal:719 Carb:50 Na:932	21 Turkey & Cheddar Tossed Salad w/Italian Butternut Squash Salad Wheat Roll Diet Cookie Cal:596 Carb:64 Na:709
24 Italian Tuna Salad Citrus Carrot Salad Macaroni Salad Italian Bread SF Jello w/Topping Cal:777 Carb:80 Na:1325	25 Turkey BLT sandwich Lettuce/tomato/mayo Coleslaw Wheat Roll Diet Cookie Cal:509 Carb:58 Na:1327	26 Curry Chicken Salad Cucumber Mint Salad Seasoned Chickpea Salad ½ Whole Wheat Pita Chilled Pineapple Cal:799 Carb:100 Na:785	27 Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Mandarin Oranges Cal:636 Carb:66 Na:960	28 Ham & Swiss Tomato Cucumber Salad Coleslaw Rye Bread Fresh Fruit Cal:659 Carb:69 Na:1015
	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.	If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 136 for more information.	Total Sodium & Calories include regular dessert, milk (100mg Na) &margarine(15mg Na).