

May 2024

Greater Springfield Senior Services, Inc.

Cold Supper Menu UPDATED 03/14/2024

For Reservations or Cancellations call the day before by 11:30 a.m. the day before at 413-781-2135 or Toll free 800-649-3641 Email: GSSSI.Nutrition@gsssi.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 1136 for more information. Menu subject to change without notice</b>	<b>Total Sodium &amp; Calories include regular dessert, milk (100mg Na) &amp; margarine(15mg Na). Suggested voluntary donation \$2.00 per meal.</b>	<b>1</b> Salami & American Cheese Lettuce & Tomato Potato Salad Rye Bread Chilled Applesauce Cal:694 Carb:66 Na:1003	<b>2</b> Grilled Chicken Caesar Salad Over Tossed Salad White Bean Salad Italian Bread Fresh Fruit Cal:628 Carb:76 Na:1076	<b>3</b> Mediterranean Pasta Salad Chickpea Tomato Salad Marinated Cucumber Salad WW Pita Chilled Peaches Cal:785 Carb:96 Na:795
		<b>6 HIGH SODIUM DAY</b> Italian Tuna Salad Citrus Carrot Salad Macaroni Salad Italian Bread SF Jello w/Topping Cal:699 Carb:80 Na:1248	<b>7</b> Curry Chicken Salad Cucumber Mint Salad Seasoned Chickpea Salad ½ Whole Wheat Pita Chilled Pineapple Cal:799 Carb:100 Na:785	<b>8</b> Roast Beef & Swiss Tomato Onion Salad Coleslaw Rye Bread Fresh Fruit Cal:696 Carb:60 Na:853
<b>13</b> Tuna Macaroni Salad Broccoli Slaw Cornbread Muffin SF Pudding w/Topping Cal:933 Carb:93 Na:862	<b>14</b> Cape Cod Chx Salad Celery Salad Red Bliss Potato Salad Oatmeal Bread Diet Cookies Cal:791 Carb:79 Na:897	<b>15</b> Turkey Salad Carrot Raisin Salad Pickled Beets Whole Wheat Bread Fresh Fruit Cal:720 Carb:67 Na:809	<b>16</b> Chef Salad w/Ham & Turkey Tossed Salad w/French Italian Bread Chilled Pears Cal:541 Carb:44 Na:1098	<b>17</b> Traditional Egg Salad Three Bean Salad Bowtie Pasta Salad 12 Grain Bread Chilled Pineapple Cal:1111 Carb:75 Na:780
<b>20</b> Tarragon Tuna Salad Pickled Beets English Pea Salad 12 Grain Bread Mandarin Oranges Cal:715 Carb:68 Na:1116	<b>21 HIGH SODIUM DAY</b> Corned Beef & Swiss Coleslaw Macaroni Salad Rye Bread SF Jello w/Topping Cal:836 Carb:59 Na:1496	<b>22</b> Southwest Chx Salad w/Ranch Lettuce, Tomato, Cheese Zesty Corn Salad Tortilla Chips Fresh Fruit Cal:735 Carb:84 Na:1011	<b>23</b> Turkey & Cheddar Tossed Salad w/Italian Butternut Squash Salad 12 Grain Bread Applesauce Cal:608 Carb:66 Na:708	<b>24</b> Egg Salad Three Bean Salad Broccoli Salad Multigrain Bread Diet Cookies Cal:884 Carb:57 Na:968
<b>27</b> HOLIDAY- NO MEALS	<b>28</b> Cape Cod Tuna Salad Citrus Carrot Salad Pickled Beets 12 Grain Bread Fresh Fruit Cal:618 Carb:80 Na:963	<b>29</b> Asian Chicken Salad Tossed Salad w/French Cucumber White Bean Salad Oatmeal Bread Diet Cookies Cal:687 Carb:77 Na:1122	<b>30</b> Ham & Muenster Tomato Onion Salad Coleslaw Multigrain Bread Mandarin Oranges Cal:591 Carb:60 Na:958	<b>31</b> Cottage Cheese Lettuce/Tomato Three Bean Salad Wheat Roll Diet Pudding w/Topping Cal:666 Carb:65 Na:1049