

April 2026

Greater Springfield Senior Services, Inc.

Home Delivered Menu 02/18/2026

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
<p>Total Sodium & Calories include regular dessert, milk(125mg Na) & margarine(15mg Na).</p> <p>Suggested voluntary donation \$3/meal</p> <p>Menu subject to change without notice.</p>	<p>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X1136 for more information.</p> <p>Key for Symbols: Carb= Carbohydrate Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)</p>	<p>1 COLD PLATE Cape Cod Tuna Salad(237) Broccoli Slaw(119) Bowtie Pasta Salad(34) Club Roll(340) Reg(17)/Diet Jello(35) w/Topping(12) Cal:772 Na:88/86 Na:900</p>	<p>2 Balsamic Chicken*(592) Brussels Sprouts(15) Rice Pilaf(38) Whole Wheat Bread(150) Chilled Peaches(6) Cal:697 Carb:110 Na:940</p>	<p>3 Ravioli w/ Roasted Red Pepper Sauce(262) Tossed Salad w/Italian(131) Garlic Bread(210) Fresh Fruit(1) Cal:556 Carb:72 Na:745</p>
<p>6 SPRINGTIME MEAL Ham w/Pineapple (426) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Cheesecake(297) Cal:643 Carb:105 Na:1100</p>	<p>7 Crab Cake*(600) w/tartar(130) Coleslaw(112) Steamed Corn(1) Whole Wheat Bread(150) Reg/Diet Cookies(70) Cal:655 Carb:92 Na:1192</p>	<p>8 COLD PLATE Turkey & Provolone(493) Lettuce/Tomato(2) Macaroni Salad(294) Whole Wheat Bread(150) Chilled Applesauce(14) Cal:677 Carb:57 Na:1093</p>	<p>9 Chicken Piccata*(554) Steamed Broccoli(9) Spaghetti Pasta(11) Italian Bread(230) Mixed Fruit(5) Cal:624 Carb:76 Na:948</p>	<p>10 Beef Taco Bowl(156) Tossed Salad(12) w/Ranch(112) Yellow Rice(192) Tortilla Chips(46) Fresh Fruit(2) Cal:624 Carb:60 Na:659</p>
<p>13 Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Reg(17)/Diet Jello(35) w/Topping(12) Cal:589 Carb:86 Na:916</p>	<p>14 Shrimp Scampi(520) California Blend Veg(17) Spaghetti Pasta(11) Whole Wheat Bread(150) Reg/Diet Cookies(70) Cal:617 Carb:65 Na:1072</p>	<p>15 Turkey Breakfast Sausage(367) Spiced Apples(20) Potatoes O'Brien(29) Syrup(23) French Toast Bites(270) Fresh Fruit(2) Orange Juice(26) Cal:794 Carb:130 Na:872</p>	<p>16 Indian Style Butter Chicken*(518) Steamed Spinach (188) White Rice(4) Whole Wheat Bread(150) Mandarin Oranges(7) Cal:803 Carb:84 Na:1174</p>	<p>17 Hamburger w/Chz(422) Ketchup(82) Onions & Mushrooms(96) Roasted Red Potatoes(29) Wheat Burger Bun(227) Chilled Pineapple(1) Cal:711 Carb:89 Na:997</p>
<p>20 HOLIDAY- NO MEALS</p>	<p>21 Pasta w/Meatballs*(906) Steamed Broccoli(9) Whole Wheat Bread(210) Reg/Diet Cookies(85) Cal:507 Carb:75 Na:1109</p>	<p>22 BIRTHDAY MEAL/HIGH SODIUM BBQ Chicken*(868) Potato Salad(215) Steamed Corn(4) Cornbread(180) Reg(240)/Diet Cupcake(166) Cal:881 Carb:113 Na:1421</p>	<p>23 Beef Stroganoff*(547) Brussels Sprouts(15) Egg Noodles(5) Wheat Roll(210) Apple Crisp(65) Cal:918 Carb:100 Na:983</p>	<p>24 Butter Crumb Fish(296) Tossed Salad w/Italian(110) Lemon Rice(19) Whole Wheat Bread(150) Fresh Fruit(1) Cal:665 Carb:79 Na:843</p>
<p>27 Mac & Cheese (296) Stewed Tomatoes(205) Whole Wheat Bread (150) Cranberry Juice (3) Mixed Fruit(5) Cal:643 Carb:96 Na:798</p>	<p>28 Shepherd's Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Peach Crisp(5) Cal:774 Carb:96 Na:659</p>	<p>29 Rosé Chicken*(531) Parslied Carrots(62) Penne Pasta(22) Whole Wheat Bread(150) Fresh Fruit(1) Cal:527 Carb:74 Na:780</p>	<p>30 Lemon Dill Salmon(145) Green Beans(5) Rice Pilaf(38) Whole Wheat Bread(150) Mandarin Oranges(7) Cal:719 Carb:93 Na:484</p>	