

April 2026

Greater Springfield Senior Services, Inc.

Low Lactose 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><b>Total Sodium &amp; Calories include regular dessert, juice(5mg Na) &amp; margarine(15mg Na).</b></p> <p><b>Suggested voluntary donation \$3/meal Menu subject to change without notice.</b></p>	<p><b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X1136 for more information.</b></p> <p><b>Key for Symbols:</b> Carb= Carbohydrate Na= Sodium *Sodium content(&gt;500mg) Cal= Calories Sodium (mg)</p>	<p><b>1 COLD PLATE</b> Cape Cod Tuna Salad(237) Broccoli Slaw(119) Bowtie Pasta Salad(34) Club Roll(340) Jello(17) Whip(12) Cal:680 Na:86 Na:767</p>	<p><b>2</b> Balsamic Chicken*(592) Brussels Sprouts(15) Rice Pilaf(38) Whole Wheat Bread(150) Chilled Peaches(6) Cal:697 Carb:110 Na:940</p>	<p><b>3</b> Chicken &amp; Roasted Red Pepper Pasta(338) Tossed Salad w/Italian(131) Garlic Bread(210) Fresh Fruit(1) Cal:833 Carb:101 Na:821</p>
<p><b>6 SPRINGTIME MEAL</b> Ham w/Pineapple (426) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Pound Cake(240) Cal:645 Carb:99 Na:1043</p>	<p><b>7</b> Potato Pollock(330)w/tartar(130) Coleslaw(112) Steamed Corn(1) Whole Wheat Bread(150) Cookies(70) Cal:577 Carb:82 Na:801</p>	<p><b>8 COLD PLATE</b> LS Turkey(478) Lettuce/Tomato(2) Macaroni Salad(294) Whole Wheat Bread(150) Chilled Applesauce(14) Cal:668 Carb:64 Na:1160</p>	<p><b>9</b> Lemon Chicken(395) Steamed Broccoli(9) Spaghetti Pasta(11) Italian Bread(230) Mixed Fruit(5) Cal:690 Carb:75 Na:789</p>	<p><b>10</b> Beef Taco Bowl(156) Tossed Salad(12) Yellow Rice(192) Tortilla Chips(46) Fresh Fruit(2) Cal:579 Carb:59 Na:549</p>
<p><b>13</b> Meatballs &amp; Gravy(347) Parslied Carrots(62) Egg Noodles(6) 12 Grain Bread(115) Jello(17) Whip(12) Cal:607 Carb:66 Na:499</p>	<p><b>14</b> Potato Pollock(270) Tartar Sauce(130) California Blend Veg(17) Steamed Peas(97) Whole Wheat Bread(150) Cookies(70) Cal:643 Carb:73 Na:874</p>	<p><b>15</b> Turkey Breakfast Sausage(367) Spiced Apples(20) Potatoes O'Brien(29) Syrup(23) Whole Wheat Bread(150) Fresh Fruit(2) Orange Juice(26) Cal:604 Carb:104 Na:752</p>	<p><b>16</b> Arroz con Pollo*(711) Steamed Spinach (188) Whole Wheat Bread(150) Mandarin Oranges(7) Cal:691 Carb:89 Na:1196</p>	<p><b>17</b> Hamburger(182) Ketchup(82) Onions &amp; Mushrooms(96) Roasted Red Potatoes(29) Wheat Burger Bun(227) Chilled Pineapple(1) Cal:666 Carb:88 Na:757</p>
<p><b>20</b> <b>HOLIDAY- NO MEALS</b></p>	<p><b>21</b> Spaghetti &amp; Meatballs(531) Steamed Broccoli(9) Whole Wheat Bread(150) Cookies(85) Cal:544 Carb:77 Na:764</p>	<p><b>22 BIRTHDAY MEAL</b> BBQ Chicken*(868) Potato Salad(215) Steamed Corn(4) Cornbread(180) Cupcake(240) Cal:763 Carb:97 Na:1185</p>	<p><b>23</b> Beef &amp; Gravy*(224) Brussels Sprouts(15) Egg Noodles(5) Wheat Roll(210) Apple Crisp(65) Cal:870 Carb:95 Na:671</p>	<p><b>24</b> 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><b>27</b> Chicken &amp; Gravy (296) California Blend Veg) Baked Potato(9) Whole Wheat Bread(150) Mixed Fruit(5) Cranberry Juice (3) Cal:696 Carb:99 Na:516</p>	<p><b>28</b> 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><b>29</b> Rosé Chicken*(531) Parslied Carrots(62) Penne Pasta(22) Whole Wheat Bread(150) Fresh Fruit(1) Cal:527 Carb:74 Na:780</p>	<p><b>30</b> Teriyaki Salmon(145) Green Beans(5) Rice Pilaf(38) Whole Wheat Bread(150) Mandarin Oranges(7) Cal:605 Carb:89 Na:691</p>	