

May 2026

Greater Springfield Senior Services, Inc.

Cold Supper Menu Updated 03/18/2026

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	FRIDAY
<p>Suggested voluntary donation \$2.00 per meal.</p> <p>Menu subject to change With out notice.</p>	<p>Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine(15mg Na).</p>	<p>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8800 X 1136 for more information.</p>		<p>1 Cobb Salad w/ Lettuce Blend & Tomatoes Ranch Dressing 12 Grain Bread Diet Cookie Cal:517 Carb:64 Na:575</p>
<p>4 Tuna Salad Carrot Raisin Salad Bowtie Pasta Salad Italian Bread Diet Jello w/Topping Cal:774 Carb:57 Na:819</p>	<p>5 Curry Chicken Salad Cucumber Mint Salad Seasoned Chickpea Salad ½ Whole Wheat Pita Fresh Fruit Cal:662 Carb:76 Na:578</p>	<p>6 Salami & Provolone Broccoli Slaw Tomato Onion Salad 12 Grain Bread Applesauce Cal:594 Carb:77 Na:1197</p>	<p>7 Turkey BLT sandwich Lettuce/tomato/mayo Potato Salad Wheat Roll Mayo Packet Diet Cookie Cal:542 Carb:62 Na:1080</p>	<p>8 Ham Salad Tossed Salad w/Italian English Pea Salad 12 Grain Bread Chilled Pineapple Cal:538 Carb:74 Na:1136</p>
<p>11 Ham & Cheddar Broccoli Slaw Celery Salad Whole Wheat Bread Fresh Fruit Cal:627 Carb:66 Na:952</p>	<p>12 Salmon Salad White Bean Cucumber Salad Bowtie Pasta Salad ½ Whole Wheat Pita Diet Cookies Cal:970 Carb:86 Na:827</p>	<p>13 Greek Salad w/Chicken Pickled Beets ½ Whole Wheat Pita Applesauce Italian Dressing Cal:591 Carb:60 Na:1061</p>	<p>14 Turkey & Provolone Coleslaw Lettuce/Tomato Italian Bread Diet Jello w/Topping Cal:717 Carb:64 Na:1002</p>	<p>15 Traditional Egg Salad Macaroni Salad Three Bean Salad Whole Wheat Roll Mandarin Oranges Cal:1133 Carb:101 Na:981</p>
<p>18 Crab & Dill Salad Zesty Corn Salad Macaroni Salad Cornbread Muffin Fresh Fruit Cal:703 Carb:114 Na:820</p>	<p>19 Ham & Swiss Broccoli Raisin Salad Celery Salad Whole Wheat Bread Tropical Fruit Cal:659 Carb:58 Na:968</p>	<p>20 Chef Salad w/Ham & Turkey Tossed Salad w/Ranch Oatnut Bread Diet Cookies Cal:574 Carb:45 Na:1154</p>	<p>21 Classic Chicken Salad Coleslaw Macaroni Salad Whole Wheat Bread Diet Jello w/Topping Cal:767 Carb:79 Na:1115</p>	<p>22 Deviled Egg Salad Lettuce/Tomato Barley Salad Italian Bread Applesauce Cal:830 Carb:92 Na:901</p>
<p>25 HOLIDAY- NO MEALS</p>	<p>26 Turkey & Cheddar Tossed Salad w/French Butternut Squash Salad Club Roll Applesauce Cal:703 Carb:67 Na:1164</p>	<p>27 Mediterranean Pasta Salad Chickpea Tomato Salad Marinated Cucumber Salad Whole Wheat Pita Fresh Fruit Cal:816 Carb:101 Na:828</p>	<p>28 Tarragon Tuna Salad Celery Salad Bowtie Pasta Salad Whole Wheat Bread Diet Jello w/Topping Cal:774 Carb:57 Na:819</p>	<p>29 Southwest Chx Salad Lettuce, Tomato, Cheese Zesty Corn Salad Tortilla Chips Diet Cookies Ranch Dressing Cal:663 Carb:77 Na:1156</p>