

June 2024

Greater Springfield Senior Services, Inc.

Baystate Community Dining Menu

Updated 05/01/2024

For Reservations or Cancellations call (413) 733-7894 by 11:30 a.m. one business day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Coditos con Carne(358) Brussels Sprouts(12) Wheat Roll(210) Chilled Apples(11)  Cal:653 Carb:102 Na:604		<b>5 COLD PLATE</b> Traditional Egg Salad(338) Three Bean Salad(126) Broccoli Slaw(117) Whole Wheat Bread(150) Raisins(4)  Cal:954 Carb:86 Na:873		<b>7</b> Meatloaf w/Mushroom Gravy(361) Steamed Peas Mashed Potatoes(26) Whole Wheat Bread(150) Reg/Diet Pudding w/Topping(12)  Cal:612 Carb:73 Na:735
<b>10</b> Mac & Cheese (279) Stewed Tomatoes(205) Whole Wheat Bread (150) Reg(17)/Diet Jello(35)w/Topping(12)  Cal:564 Carb:70/69 Na:804		<b>12</b> BBQ Pulled Pork(365) Celery Salad(75) Baked Potato(9) Hamburger Bun(230) Fresh Fruit(0)  Cal:771 Carb:92 Na:819		<b>14</b> Fricasse de Pollo(382) Parslied Carrots(62) Yellow Rice w/Olives(116) Whole Wheat Bread(150) Mandarin Oranges(7)  Cal:557 Carb:80 Na:926
<b>17 FATHER'S DAY MEAL</b> Bistec Encebollado(465) Roman Blend Veg(13) Arroz con Gandules(102) Multigrain Bread(200) Fudge Round Cookie(80)  Cal:690 Carb:97 Na:665		<b>19</b>  <b>HOLIDAY- NO MEALS</b>		<b>21</b> Spaghetti & Meatballs(252) Tossed Salad w/Ranch(121) Garlic Toast(210) Raisins(4)  Cal:670 Carb:91 Na:738
<b>24</b> Shepherd's Pie(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5)  Cal:670 Carb:85 Na:650		<b>26 COLD PLATE</b> Tuna Salad(476) Tossed Salad w/Ranch(122) Marinated Cucumber Salad(46) ½ Whole Wheat Pita(152) Fresh Fruit(1)  Cal:650 Carb:65 Na:828		<b>28 BIRTHDAY MEAL</b> Chicken Cordon Bleu(550) Herbed Green Beans(9) Roasted Red Potatoes(42) Dinner Roll(150) Birthday Cake(215)  Cal:808 Carb:98 Na:1213
<b>29</b> Shepherd's Pie gb(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5)  Cal:670 Carb:85 Na:650		<b>Key for Symbols:</b> Carb= Carbohydrate Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)		<b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSI 781-8800 X 1136 for more information. Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp;margarine(15mg Na).</b>

Junio 2024

Greater Springfield Senior Services, Inc.

Baystate Community Dinning Menu

Updated 05/01/2024

Para cancelaciones de comidas o preguntas sobre sus comidas, llamar antes de las 11:30 am del día anterior (413) 733-7894

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
<b>1</b> Coditos con Carne(344) Brussels Sprouts(12) Wheat Roll(210) Chilled Apples(11)  Cal:686 Carb:87 Na:716		<b>5 PLATO FRIO</b> Ensalada de Huevo(338) Three Bean Salad(126) Broccoli Slaw(117) Whole Wheat Bread(150) Raisins(4)  Cal:954 Carb:86 Na:873		<b>7</b> Pastel de Carne con Salsa(361) Steamed Peas Mashed Potatoes(26) Whole Wheat Bread(150) Reg/Diet Pudding w/Toping(12)  Cal:612 Carb:73 Na:735
<b>10</b> Mac & Cheese (285) Stewed Tomatoes(221) Whole Wheat Bread (150) Reg(53)/Diet Jello(35)w/Topping(12)  Cal:634 Carb:83/69 Na:845		<b>12</b> Barbacoa de Cerdo(365) Celery Salad(75) Baked Potato(9) Hamburger Bun(230) Fresh Fruit(0)  Cal:771 Carb:92 Na:819		<b>14</b> Fricasse de Pollo(382) Parslied Carrots(62) Yellow Rice w/Olives(116) Whole Wheat Bread(150) Mandarin Oranges(7)  Cal:774 Carb:117 Na:856
<b>17 COMIDA DEL DIA DEL PADRE</b> Bistec Encebollado(465) Roman Blend Veg(13) Arroz con Gandules(102) Multigrain Bread(200) Fudge Round Cookie(80) Cal:753 Carb:95 Na:1000		<b>19</b>  <b>SIN SERVICIO DE COMIDAS</b>		<b>21</b> Espagueti y Albóndigas(252) Tossed Salad w/Ranch(122) Garlic Toast(210) Raisins(4)  Cal:901 Carb:116 Na:1197
<b>24</b> Pastel de Carne(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5)  Cal:670 Carb:85 Na:650		<b>26 PLATO FRIO</b> Ensalada de Atún(476) Tossed Salad w/Ranch(122) Marinated Cucumber Salad(46) ½ Whole Wheat Pita(152) Fresh Fruit(1)  Cal:650 Carb:65 Na:828		<b>28 COMIDA DE CUMPLEAÑOS</b> Pollo Cordon Bleu(550) Herbed Green Beans(9) Roasted Red Potatoes(42) Dinner Roll(150) Birthday Cake(215)  Cal:808 Carb:98 Na:1213
		<b>Donación sugerida, confidencial y voluntaria de \$ 2 por comida.</b>  <b>Abreviación:</b>  Cal= Calorías Carb= Carbohidrato Na= El contenido de sodio		<b>Totales incluyen 1 leche baja en grasa de 8 oz (no incluida en la lista) que contiene 100mg sodio y margarina que contiene 15mg sodio.</b>  <b>Menú sujeto a modificaciones sin previo aviso.</b>