

May 2024

Greater Springfield Senior Services, Inc.

Home Delivered Meal Menu UPDATED 04/02/2024

For Reservations or Cancellations call 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
<p>Menu subject to change without notice. Suggested voluntary donation \$2/meal Key for Symbols: Na: Sodium *Higher sodium item(>500mg) Cal= Calories Sodium (mg) Carb= Carbs/Carbs with Low Carb Dessert</p>	<p>If you have a special concern regarding sodium, call GSSSI 781-8806 X 1136 for more information. Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).</p>	<p>1 COLD PLATE Tuna Salad(476) Tossed Salad w/Ranch(122) Citrus Carrot Salad(36) Whole Wheat Bread(150) Raisins(4) Cal:689 Carb:73 Na:913</p>	<p>2 Meatloaf w/Mushroom Gravy(361) Herbed Green Beans(3) Mashed Potatoes(26) Whole Wheat Bread(150) Sugar Cookie(55)/Diet Cookie(55) Cal:612 Carb:73 Na:735</p>	<p>3 Braised Pork(470) California Blend Veg(31) Yellow Rice and Beans(32) Multigrain Bread(200) Chilled Applesauce(9) Cal:884 Carb:104 Na:983</p>
<p>6 Cheese Lasagna w/Meat Sauce*(639) Italian Blend Veg(19) Oatnut Bread(150) Chilled Pineapple(1) Cal:745 Carb:98 Na: 950</p>	<p>7 Herbed Salmon(281) Green Beans(5) Roasted Red Bliss Potatoes(6) Whole Wheat Bread(150) Fresh Fruit(4) Cal:627 Carb:96 Na:584</p>	<p>8 Indian Style Butter Chicken(457) Steamed Spinach (188) White Rice(4) Buttermilk Biscuit(131) Mandarin Oranges(7) Cal:798 Carb:94 Na:927</p>	<p>9 Sloppy Joe(315) Potato Salad(214) Sun Chips(110) Wheat Hamburger Bun(230) Reg(53)/Diet Jello(35) w/Topping(12) Cal:795 Carb:94/79 Na:1056</p>	<p>10 MOTHER'S DAY MEAL Pot Roast w/Gravy(123) Tossed Salad w/Italian(121) Garlic Mashed Potatoes(117) Whole Wheat Bread(150) Brownie(162)Diet Cookie(70) Cal:916 Carb:103/75 Na:687</p>
<p>13 Chicken Pot Pie(269) California Blend Veg(17) Biscuit Topping(170) Pear Crisp(79) Cal:609 Carb:65 Na:676</p>	<p>14 Tuna Noodle Casserole(360) Parslied Carrots(62) Whole Wheat Bread(150) Fresh Fruit(0) Cal:572 Carb:80 Na:711</p>	<p>15 Turkey Taco Plate(374) Tossed Salad w/Ranch(122) Yellow Rice(20) Sour Cream(9) Tortilla Chips(115) Chilled Pineapple(6) Cal:778 Carb:70 Na:754</p>	<p>16 Steak and Cheese Sandwich*(658) Onions & Peppers(4) Roasted Red Bliss Potatoes(6) Hot Dog Bun(210) Reg/Diet Cookies(85) Cal:691 Carb:78 Na:1097</p>	<p>17 Chicken Marsala(527) Steamed Broccoli(9) Parslied Penne(9) Whole Wheat Roll(210) Raisins(4) Cal:622 Carb:92 Na:902</p>
<p>20 "Lazy" Stuffed Cabbage(135) Peas & Onions(42) Whole Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12) Cal:625 Carb:69 Na:533</p>	<p>21 Swedish Meatballs(324) Summer Blend Veg(50) Egg Noodles(5) Oatnut Bread(150) Fresh Fruit(0) Cal:859 Carb:100 Na:668</p>	<p>22 COLD PLATE Chef Salad*(558) w/ Italian(119) Ham & Turkey Celery Salad(75) Whole Wheat Bun(210) Chilled Peaches(6) Cal:567 Carb:57 Na:1109</p>	<p>23 HIGH SODIUM DAY Hot Dog w/Bun*(750) Broccoli Slaw(117) Baked Beans(213) Ketchup(82)/Mustard(55) Tropical Fruit(10) Cal:770 Carb:80 Na:1413</p>	<p>24 Lemon Chicken(209) Parslied Carrots(62) Roasted Red Bliss Potatoes(6) Whole Wheat Bread(150) Reg(70)/Diet(70) Cookie Cal:635 Carb:81/67 Na:575</p>
<p>27 HOLIDAY- NO MEALS</p>	<p>28 Breakfast Sausage(390) Spiced Apples(24) Syrup(23) Potatoes O'Brien(34) Mini Maple Chip Waffles(170) Fresh Fruit(2) Cal:656 Carb:101 Na:783</p>	<p>29 MEMORIAL DAY BBQ Hamburger w/Chz(422) Coleslaw(122) Onions & Mushrooms(96) Wheat Burger Bun(330) Reg(70)/Diet Cookies(70) Cal:676 Carb:76 Na:1179</p>	<p>30 Butter Crumb Fish(296) Steamed Broccoli(9) Lemon Rice(19) Tartar Sauce(130) WW Bread(150) Applesauce(14) Cal:633 Carb:79 Na:810</p>	<p>31 BIRTHDAY LUNCH Turkey w/Gravy(355) Parslied Carrots(62) Mashed Potatoes(46) Whole Wheat Bread(150) Reg(240)/Diet Cupcake(166) Cal:650 Carb:88 Na:993</p>