

JUNE 2024

Greater Springfield Senior Services, Inc.

HDM Menu UPDATED 04/08/2024

For Reservations or Cancellations, call by 11:30am the day before at 413-781-2135 Email: GSSSI.Nutrition@gsssi.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 American Chop Suey(358) Brussels Sprouts(12) Wheat Roll(210) Chilled Apples(11)	4 Crab Cake*(600) w/tartar(130) Steamed Corn(4) Coleslaw(118) Whole Wheat Bread(150) Fresh Fruit(1)	5 COLD PLATE Traditional Egg Salad(338) Three Bean Salad(126) Broccoli Slaw(117) Whole Wheat Bread(150) Raisins(4)	6 Jamaican Jerk Chicken(489) Collard Greens(135) Coconut Rice(171) Oatnut Bread(150) Reg(85)/Diet Cookies(85)	7 Meatloaf w/Mushroom Gravy(361) Steamed Peas Mashed Potatoes(26) Whole Wheat Bread(150) Reg/Diet Pudding w/Topping(12)
Cal:653 Carb:102 Na:604	Cal:621 Carb:100 Na:1018	Cal:954 Carb:86 Na:873	Cal:840 Carb:96 Na:1170	Cal:612 Carb:73 Na:735
10 Mac & Cheese (279) Stewed Tomatoes(205) Whole Wheat Bread (150) Reg(17)/Diet Jello(35)w/Topping(12)	11 Mediterranean Turkey(426) Tomato Cucumber Salad(3) Couscous(11) Whole Wheat Bread(150) Warmed Applesauce(15)	12 BBQ Pulled Pork(365) Celery Salad(75) Baked Potato(9) Hamburger Bun(230) Fresh Fruit(0)	13 Potato Pollock Filet(270) Coleslaw(122) Tartar Sauce(130) Steamed Corn(1) Oatnut Bread(150) Chilled Pineapple(1)	14 Rosé Chicken*(556) Parslied Carrots(62) Penne Pasta(12) Whole Wheat Bread(150) Mandarin Oranges(7)
Cal:564 Carb:70/69 Na:804	Cal:676 Carb:91 Na:745	Cal:771 Carb:92 Na:819	Cal:755 Carb:100 Na: 799	Cal:557 Carb:80 Na:926
17 FATHER'S DAY MEAL Beef Stroganoff(226) Roman Blend Veg(13) Egg Noodles(6) Multigrain Bread(200) Fudge Round Cookie(80)	18 COLD PLATE Ham & Swiss (336) Citrus Carrot Salad(36) English Pea Salad(202) Hamburger Bun(230) Fresh Fruit(2)	19 HOLIDAY- NO MEALS	20 BBQ Chicken*(585) Steamed Corn(1) Potato Salad(224) Whole Wheat Bread(150) Reg(17)/Diet Jello(35)w/Topping(12)	21 Spaghetti & Meatballs(252) Tossed Salad w/Ranch(121) Garlic Toast(210) Raisins(4)
Cal:690 Carb:97 Na:665	Cal:692 Carb:82 Na:945		Cal: 638 Carb:65 Na:1129	Cal:670 Carb:91 Na:738
24 Shepherd's Pie(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5)	25 Braised Pork*(521) California Blend Veg(17) Yellow Rice and Beans(102) Multigrain Bread(200) Chilled Applesauce(15)	26 COLD PLATE Tuna Salad(476) Tossed Salad w/Ranch(122) Marinated Cucumber Salad(46) ½ Whole Wheat Pita(152) Fresh Fruit(1)	27 Chicken Pesto Pasta*(803) Tomato Onion Salad(5) Garlic Toast(210) Chilled Pineapple(1)	28 BIRTHDAY MEAL Chicken Cordon Bleu(550) Herbed Green Beans(9) Roasted Red Potatoes(42) Dinner Roll(150) Reg(240)/Diet Cupcake(166)
Cal:670 Carb:85 Na:650	Cal:862 Carb:107 Na:989	Cal:650 Carb:65 Na:828	Cal:812 Carb:82 Na:1168	Cal:799 Carb:101/89 Na:1190
	Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	Suggested voluntary donation \$2/meal Menu subject to change without notice.	Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na).	If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.