

September 2023

Greater Springfield Senior Services, Inc.

Community Dining Menu

Updated 7/31/2023

For Reservations or Cancellations call by 11:30 a.m. the day before at the site you attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested voluntary donation \$2/meal Menu subject to change without notice.	Key for Symbols: Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(>500mg)	If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSI 781-8800 X 1136 for more information.	Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).	1 New England Fish Chowder(423) Green Beans(5) Cornbread Mini Loaf(80) Chilled Pineapple(1) Cal:572 Carb:78 Na:342
4 HOLIDAY- NO MEALS	5 Mac & Cheese (285) Stewed Tomatoes(221) Whole Wheat Bread (115) Cranberry Juice (3) Reg/Diet Cookie(140) Cal:650 Carb:84 Na:884	6 Shepherd's Pie(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Chilled Pears(4) Cal:664 Carb:84 Na:610	7 BIG E STYLE LOADED BAKED POTATO Baked Potato w/ bacon bits(338) & Broccoli & Cheddar Sauce(285) Sour Cream Pkt(9) Whole Wheat Roll(210) Fudge Cookie(85)/Diet Cookie(162) Cal:844 Carb:99 Na:1039	8 Rosé Chicken(531) California Blend Veg(17) Penne Pasta w/Sauce(1) Whole Wheat Bread(115) Fresh Fruit(0) Cal:678 Carb:99 Na:815
11 American Chop Suey(211) Roman Blend Veg(35) Wheat Roll(210) Rice Krispie Treat(88) Cal:685 Carb:94 Na:662	12 GRANDPARENT'S DAY MEAL Baked Ham w/Pineapple *(568) Green Beans(5) Au Gratin Potatoes(195) Dinner Roll(210) Cookie(150)/Diet Cookie Cal:699 Carb:105 Na:1126	13 NO MEAL SERVICE	14 Turkey Divan*(614) Steamed Broccoli(9) Egg Noodles(5) Wheat Dinner Roll(210) Spiced Peaches(6) Cal:653 Carb:82 Na:983	15 Jamaican Jerk Chicken(484) Collard Greens(245) Coconut Rice(172) Oatnut Bread(150) Fresh Fruit(2) Cal:883 Carb:111 Na:1195
18 COLD PLATE Dill Salmon Salad(402) over Tossed Salad w/Ranch(117) Citrus Carrot Salad(36) Whole Wheat Bread(115) Chilled Pears(4) Cal:814 Carb:56 Na:824	19 Chicken Kiev(550) Herbed Green Beans(3) Herbed Roasted Red Potatoes(6) Dinner Roll(150) Fudge Round Cookie (85) Cal:878 Carb:97 Na:934	20 BIG E STYLE PULLED PORK BBQ Pulled Pork(365) Coleslaw(122) ½ Baked Sweet Potato(22) WW Burger Bun(160) Fresh Fruit (1) Cal:744 Carb:81 Na:1048	21 Meatloaf w/Mushroom Gravy(301) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Reg/Diet Pudding(200) w/Topping Cal:674 Carb:77 Na:853	22 Broccoli Alfredo Pasta(494) Steamed Spinach(76) Orange Juice(26) Oatnut Bread(210) Chilled Peaches(6) Cal:646 Carb:100 Na:927
25 Roasted Red Pepper Ravioli(211) Italian Blend Veg(19) Italian Bread(230) Oreo Cookie(150) Cal:776 Carb:78 Na:753	26 COLD PLATE Cape Cod Chicken Salad(167) Coleslaw(122) Multigrain Sun Chips(110) Wheat Hamburger Bun(254) Mixed Fruit(5) Cal:730 Carb:89 Na:608	27 SEPTEMBER BIRTHDAY MEAL Pot Roast w/Gravy (22) Herbed Green Beans(3) Garlic Mashed Potatoes(117) Whole Wheat Bread(115) Cupcake(240)/Diet Cake Cal:623 Carb:82 Na:429	28 Chicken Piccata(347) Steamed Broccoli(9) Rice Pilaf(12) WW Bread(115) Fruit Ambrosia(4) Cal:530 Carb:73 Na:550	29 HIGH SODIUM DAY Spaghetti & Meatballs*(778) Tossed Salad w/Italian(123) Garlic Toast(210) Fresh Fruit(1) Cal:911 Carb:115 Na:1283