

October 2024

Greater Springfield Senior Services, Inc.

Community Dining Menu Updated 09/05/2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information. Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine (15mg Na).	1 Shepherd's Pie(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5) Cal:730 Carb:86 Na:643	2 Chicken Fajitas(479) Fajita Blend Vegetables(4) Yellow Rice(20) Sour Cream(9) Flour Tortilla(170) Reg(53)/Diet Cookies Cal:532 Carb:55 Na:950	3 Shrimp Scampi(520) Tossed Salad w/Italian(131) Spaghetti Noodles(11) Garlic Bread(210) Reg/Diet Jello(53) w/Topping(12) Cal:696 Carb:60 Na:1042	4 Chicken Broccoli Alfredo Pasta(242) Steamed Spinach(188) Orange Juice(26) Whole Wheat Roll(210) Chilled Applesauce(9) Cal:753 Carb:108 Na:1090
	7 American Chop Suey(211) Roman Blend Veg(13) Wheat Roll(210) Rice Krispie Treat(88) Cal:685 Carb:94 Na:662	8 Tuna Noodle Casserole(626) Stewed Tomatoes(205) Whole Wheat Dinner Roll(210) Apple Crisp(65) Cal:759 Carb:111 Na:1187	9 Jamaican Jerk Chicken(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:805 Carb:95 Na:1090	10 Beef Stroganoff(230) Brussels Sprouts(15) Egg Noodles(5) Italian Bread(230) Reg(70)/Diet Cookie(70) Cal:616 Carb:84 Na:691
14 HOLIDAY- NO MEALS Cal:685 Carb:94 Na:662	15 Braised Pork w/Apple Gravy(298) Steamed Peas(58) Mashed Potatoes(46) Whole Wheat Bread(150) Fresh Fruit(2) Cal:758 Carb:105 Na:691	16 BIRTHDAY/HIGH SODIUM MEAL Chicken Cordon Bleu*(684) Steamed Broccoli (9) ½ Sweet Potato(33) Dinner Roll(150) Cupcake(240)/Diet Cake(166) Cal:800 Carb:102/90 Na:1266	17 Turkey Chili(385) Sour Cream(9) Mixed Vegetables(53) White Rice(4) Italian Bread(230) Chilled Pineapple(1) Cal:744 Carb:107 Na:773	18 Butter Crumb Fish(288) Parslied Carrots(62) Roasted Red Potatoes(21) Whole Wheat Bread(150) Reg(70)/Diet Cookies(75) Cal:633 Carb:72/72 Na:869
21 Ravioli w/Meat Sauce*(557) Italian Blend Veg(19) Italian Bread(230) Reg/Diet Cookies(60) Cal:580 Carb:75 Na:1007	22 Chicken & Dumplings*(541) Tossed Salad w/Italian(137) Mashed Butternut Squash (3) Multigrain Bread(200) Chilled Applesauce(9) Cal:722 Carb:98 Na:1023	23 Mandarin Orange Turkey*(517) Pacific Blend Vegetables(27) White Rice(4) Oatnut Bread(150) Mixed Fruit(5) Cal:641 Carb:98 Na:843	24 Pot Roast w/Gravy (126) Brussels Sprouts(12) Garlic Mashed Potatoes(118) Whole Wheat Bread(115) Fresh Fruit(1) Cal:742 Carb:93 Na:540	25 Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(115) Mandarin Oranges(7) Cal:729 Carb:93 Na:804
28 HIGH SODIUM DAY Turkey w/Dijon Sauce*(893) Steamed Spinach(188) Rice Pilaf(12) Whole Wheat Bread(115) Fresh Fruit(1) Cal:627 Carb:77 Na:1347	29 Turkey Taco Plate(347) Tossed Salad w/Ranch(123) Yellow Rice(29) Sour Cream(9) Tortilla Chips(115) Chilled Pineapple(6) Cal:874 Carb:110 Na:1161	30 Pierogis(440) Sautéed Cabbage(44) Parslied Carrots(62) 12 Grain Bread(115) Reg(150)/Diet Cookies(150) Cal:604 Carb:93 Na:986	31 HAPPY HALLOWEEN Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Halloween Chocolate Cake (328) Cal:924 Carb:121 Na:1046	Suggested voluntary donation \$2/meal Menu subject to change without notice. Key for Symbols: Cal= Calories (mg Na in each item) Carb=Carbohydrates Carbs listed for both reg/diet desserts Na= Sodium *Sodium content(>500mg)