

July 2024

Greater Springfield Senior Services, Inc.

Baystate Community Dining Menu

Updated 05/28/2024

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---------|--|---|--|
| 1 Beef Pastelón(272) Green Beans(5) Oatnut Bread(150) Chilled Pineapple(1) Cal:679 Carb:79 Na:568 | | 3 Roast Beef w/Mushroom Gravy (123) Tossed Salad w/Italian(121) Garlic Mashed Potatoes(117) Whole Wheat Bread(150) Brownie(162)Diet Cookie(70) Cal:945 Carb:103/75 Na:817 | | 5 BBQ/ HIGH SODIUM DAQY Hot Dog w/Bun*(720) Coleslaw(122) Baked Beans(122) Ketchup(82)/Mustard(55)/Relish((81) Reg(53)/Diet Jello(35) w/Topping(12) Cal:685 Carb:62/61 Na:1334 |
| 8 Breakfast Sausage (390) Spiced Apples(24) Syrup(23) Potatoes O'Brien(7) French Toast Bites(270) Fresh Fruit(2) Cal:718 Carb:111 Na:857 | | 10 Turkey Taco Bowl(431) Tossed Salad w/Ranch(122) Yellow Rice(97) Sour Cream(9) Tortilla Chips(115) Chilled Pineapple(1) Cal:799 Carb:73 Na:898 | | 12 Chicken Marsala(528) Steamed Broccoli(9) Parslied Penne(22) Whole Wheat Roll(210) Fresh Fruit(2) Cal:618 Carb:92 Na: 913 |
| 15 "Lazy" Stuffed Cabbage (105) Peas & Onions(79) Whole Wheat Bread(150) Rice Krispie Treat(88) Cal:635 Carb:70 Na:561 | | 17 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 | | 19 Sloppy Joe(315) Potato Salad(214) Sun Chips(110) Wheat Hamburger Bun(230) Reg(53)/Diet Jello(35) w/Topping(12) Cal:785 Carb:78/76 Na:1048 |
| 22 Chicken Pot Pie(269) California Blend Veg(17) Biscuit Topping(170) Pear Crisp(79) Cal:608 Carb:65 Na:676 | | 24 COLD PLATE Ham & Swiss (475) Citrus Carrot Salad(36) Red Bliss Potato Salad(214) Hamburger Bun(230) Fresh Fruit(2) Mustard(55) Cal:783 Carb:84 Na:1038 | | 26 Coconut Fish Stew(142) Steamed Broccoli(9) White Rice(4) Whole Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12) Cal:595 Carb:88/73 Na:535 |
| 29 COLD PLATE Egg Salad (388) Three Bean Salad(126) Broccoli Slaw(117) Whole Wheat Bread(150) Raisins(4) Cal:740 Carb:81 Na:1023 | | 31 Crab Cake *(600) Steamed Corn(4) Coleslaw(122) tartar(130) Whole Wheat Bread(150) Fresh Fruit(1) Cal:591 Carb:97 Na:1137 | Suggested Voluntary Donation \$2/meal | If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8800 X 1136 for more information. Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na). |

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 |
|---|--------|--|--|---|
| 1 Pastelón de Carne(272) Green Beans(5) Oatnut Bread(150) Chilled Pineapple(1) Cal:679 Carb:79 Na:568 | | 3 Rostizado con Salsa (123) Tossed Salad w/Italian(121) Garlic Mashed Potatoes(117) Whole Wheat Bread(150) Brownie(162)Diet Cookie(70) Cal:945 Carb:103/75 Na:817 | | 5 BBQ/ Comida Alta en Sodio Hot Dog w/Bun*(720) Coleslaw(122) Baked Beans(122) Ketchup(82)/Mustard(55)/Relish((81) Reg(53)/Diet Jello(35) w/Topping(12) Cal:685 Carb:62/61 Na:1334 |
| 8 Salchicha de Desayuno (390) Spiced Apples(24) Syrup(23) Potatoes O’Brien(7) French Toast Bites(270) Fresh Fruit(2) Cal:718 Carb:111 Na:857 | | 10 Taco de Pavo(431) Tossed Salad w/Ranch(122) Yellow Rice(97) Sour Cream(9) Tortilla Chips(115) Chilled Pineapple(1) Cal:799 Carb:73 Na:898 | | 12 Pollo Marsala(528) Steamed Broccoli(9) Parslied Penne(22) Whole Wheat Roll(210) Fresh Fruit(2) Cal:618 Carb:92 Na: 913 |
| 15 Rollitos de Repollo Relleno (105) Peas & Onions(79) Whole Wheat Bread(150) Rice Krispie Treat(88) Cal:635 Carb:70 Na:561 | | 17 Comida Fría Ensalada de Chef*(558)w/Italian(119) Ham & Turkey Celery Salad(75) Whole Wheat Bun(210) Chilled Peaches(6) Cal:567 Carb:57 Na:1109 | | 19 Sloppy Joe(315) Potato Salad(214) Sun Chips(110) Wheat Hamburger Bun(230) Reg(53)/Diet Jello(35) w/Topping(12) Cal:785 Carb:78/76 Na:1048 |
| 22 Pastel de Pollo(269) California Blend Veg(17) Biscuit Topping(170) Pear Crisp(79) Cal:608 Carb:65 Na:676 | | 24 Comida Fría Jamón y Suizo (475) Citrus Carrot Salad(36) Red Bliss Potato Salad(214) Hamburger Bun(230) Fresh Fruit(2) Cal:783 Carb:84 Na:1038 | | 26 Estofado Pescado con Coco(142) Steamed Broccoli(9) White Rice(4) Whole Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12) Cal:595 Carb:88/73 Na:535 |
| 29 Comida Fría Ensalada de Huevo (388) Three Bean Salad(126) Broccoli Slaw(117) Whole Wheat Bread(150) Raisins(4) Cal:740 Carb:81 Na:1023 | | 31 Pastel de Cangrejo *(600) Steamed Corn(4) Coleslaw(122) tartar(130) Whole Wheat Bread(150) Fresh Fruit(1) Cal:591 Carb:97 Na:1137 | Donación sugerida, confidencial y voluntaria de \$2 por comida. | Menú sujeto a modificaciones sin previo aviso. Abreviación: Cal= Calorías Carb= Carbohidrato Na= El contenido de sodio |