November 2026 Greater Springfield Senior Services, Inc. Cold Supper Menu Updated 10/05/2026

For Reservations or Cancellations call by 11:30 a.m. the day before at 781-2135 or Toll free 800-649-3641 Email: GSSSI.Nutrition@gsssi.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti & Meatballs*(540) Vegetable Medley(56) Hawaiian Roll(80) Fresh Fruit(0)	**3** Three Bean Chili(432) Kale & Peppers(29) Cornbread Bowl(160) Vanilla Pudding(130)	**4** White Fish Piccata(387) Rice Pilaf(49) Mashed Butternut(12) Dinner Roll(100) Mandarin Oranges(5)	**5** Pot Roast w/Gravy*(587) Mashed Potatoes(24) Broccoli(38) Wheat Bread(65) White Chocolate Cookie(100)	**6** Chicken Noodle Casserole(331) Green Beans & Peppers(21) Wheat Bread(65) Applesauce(2)
Cal:662 Carb:81 Na:815	Cal:878 Carb:104 Na:982	Cal:758 Carb:106 Na:688	Cal:723 Carb:89 Na:949	Cal:768 Carb:84 Na:561
9 Shepherd's Pie(295) Mashed Potato Topping Mixed Vegetables(51) Whole Grain Biscuit(370) Peach Fruit Cup(5)	**10** Chicken Saltimbocca(381) Roasted Potatoes(85) Carrots(56) Wheat Bread(65) Fresh Fruit(0)	**11** **HOLIDAY- NO MEALS**	**12** Shrimp in Cream Sauce*(635) Whole Grain Pasta(4) Steamed Broccoli(38) Dinner Roll(100) Pumpkin Bread(250)	**13** Beef w/Onions & Peppers(132) White Rice(25) Brussels Sprouts(26) Wheat Roll(150) Chocolate Pudding(135)
Cal:885 Carb:80 Na:856	Cal:752 Carb:79 Na:722		Cal:769 Carb:107 Na:1162	Cal:821 Carb:83 Na:603
16 Maple Glazed Pork(85) Butternut Couscous(90) Kale & Peppers(29) Wheat Bread(65) Vanilla Pudding(130)	**17** Rosemary Chicken(426) Orzo(4) Mashed Butternut (12) Wheat Roll(150) Mandarin Oranges(5)	**18** Beef Chili(371) Brussels Sprouts(26) Buttermilk Biscuits(370) Fresh Fruit(1)	**19 HOLIDAY HARVEST MEAL** Roast Turkey w/Gravy(488) Mashed Potatoes & Stuffing(268) Green Beans(20) Wheat Roll(150) Chocolate Brownie Cookie(115)	**20** Potato Pollock(330) Baked Sweet Potato(21) California Blend Veg(34) Cornbread Loaf(180) Tropical Fruit Cup(5)
Cal: 865 Carb:115 Na:534	Cal:729 Carb:107 Na:732	Cal:777 Carb:80 Na:903	Cal:703 Carb:88 Na:1176	Cal:692 Carb:82)
23 Cheesy Chicken Casserole*(554) Green Peas & Peppers(72) Wheat Roll(150) Oatmeal Cookie(90)	**24 HIGH SODIUM DAY** Ham & Cheese *(744) Croissant(190) Sweet Potato Tots(200) California Blend Veg(34) Fresh Fruit(0) Mustard(55)	**25** Creamy Garlic Salmon(297) Rice Pilaf(49) Mixed Root Vegetables(65) Hawaiian Roll(80) Pear Cup(0)	**26** **HOLIDAY- NO MEALS**	**27** Whole Grain Lasagna(390) w/Beef Bolognese & Parm(294) Broccoli(38) Wheat Roll(150) Vanilla Pudding(130)
Cal:880 Carb:84 Na:1001	Cal:748 Carb:90 Na:1359	Cal:762 Carb:91 Na:626		Cal:810 Carb:82 Na:1137
30 Chicken Cacciatore(431) Cheese Tortellini(175) Green Beans & Peppers(21) Wheat Roll(150) Pound Cake w/Berries(240)		**Suggested voluntary donation $3.00 per meal.** **Menu subject to change With out notice.**	**Total Sodium & Calories include regular dessert, milk (105mg Na)**	**If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 1136 for more information.**
Cal:773 Carb:88 Na:1152				