

JUNE 2026

Greater Springfield Senior Services, Inc.

Home Delivered Menu Updated 03/20/2026

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 |
|---|---|--|---|--|
| 1 Ravioli w/Roasted Red Pepper Sauce(394) Steamed Broccoli(9) Whole Wheat Bread(210) Reg/Diet Cookies(85) | 2 COLD PLATE Turkey & Provolone(439) Lettuce/Tomato(2) Macaroni Salad(294) Wheat Burger Bun(230) Chilled Applesauce(14) | 3 Chicken Piccata*(523) Tossed Salad w/Italian(106) Rice Pilaf(38) Garlic Toast(210) Reg/Diet Cookies(70) | 4 HIGH SODIUM DAY Hot Dog w/Bun*(750) Potato Salad(215) Baked Beans(219) Fresh Fruit(1) Ketchup(82)/Mustard(55) | 5 Crab Cake*(600) w/tartar(130) Coleslaw(112) Steamed Corn(1) Whole Wheat Bread(150) Mixed Fruit(5) |
| Cal:503 Carb:68 Na:708 | Cal:742 Carb:68 Na:1176 | Cal:800 Carb:99 Na:1124 | Cal:839 Carb:83 Na:1432 | Cal:640 Carb:91 Na:1126 |
| 8 Cheeseburger(422) Onions & Mushrooms(96) Roasted Red Potatoes(29) Wheat Burger Bun(330) Ketchup(82) Reg/Diet Jello(53) w/Whip(12) | 9 Shrimp Scampi(833)* California Blend Veg(17) Spaghetti Noodles(9) Whole Wheat Bread(150) Chilled Pineapple(1) | 10 Cheese Omelet(290) Turkey Sausage(195) Spiced Applesauce(20) Potatoes O'Brien(29) Maple Chip Pancakes(95) Fresh Fruit(2) | 11 Pierogis(440) Sour Cream(9) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(200) Chilled Peaches(6) | 12 FATHER'S DAY MEAL BBQ Chicken*(494) Potato Salad(215) Steamed Corn(4) Cornbread(180) Fudge Round Cookie(80) |
| Cal:725 Carb:79/78 Na:1128 | Cal:592 Carb:73 Na:1151 | Cal:562 Carb:73 Na:743 | Cal:611 Carb:99 Na:892 | Cal:823 Carb:105 Na:1096 |
| 15 Ham w/Pineapple (426) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Fresh Fruit(1) | 16 Indian Style Butter Chicken*(518) Steamed Spinach (188) Coconut Rice(171) Wheat Pita Bread(161) Mandarin Oranges(7) | 17 COLD PLATE Egg Salad(369) Broccoli Slaw(119) Balsamic Pasta Salad(15) Club Roll(340) Reg(17)/Diet Jello(35)w/Whip(12) | 18 Beef Stroganoff*(547) Brussels Sprouts(15) Egg Noodles(5) Wheat Roll(210) Apple Crisp(65) | 19 HOLIDAY- NO MEALS |
| Cal:555 Carb:105 Na:803 | Cal:821 Carb:87 Na:1176 | Cal:948 Carb:88/86 Na:997 | Cal:918 Carb:100 Na:983 | |
| 22 Shepherd's Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Peach Crisp(5) | 23 Mac & Cheese (296) Stewed Tomatoes(205) Whole Wheat Bread (150) Cranberry Juice (3) Reg/Diet Cookies(70) | 24 COLD PLATE Cape Cod Tuna Salad(237) Tossed Salad w/Ranch(119) Pickled Beets(195) Club Roll(340) Applesauce(14) | 25 BBQ Pulled Pork(365) Coleslaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(227) Reg/Diet Jello(53) Whip(12) | 26 Rosé Chicken*(531) Parslied Carrots(62) Penne Pasta(22) Whole Wheat Bread(150) Fresh Fruit(1) |
| Cal:808 Carb:98 Na:671 | Cal:668 Carb:94 Na:863 | Cal:597 Carb:74 Na:1049 | Cal:828 Carb:99 Na:873 | Cal:527 Carb:74 Na:780 |
| 29 BIRTHDAY MEAL Spaghetti & Meatballs*(531) Steamed Broccoli(9) Wheat Roll(210) Reg(240)/Diet Cupcake(166) | 30 Butter Crumb Fish(296) Dill Carrots(62) Rice Pilaf(217) Whole Wheat Bread(150) Mandarin Oranges(7) Tartar(130) | Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na). Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg) Carb= Carbs/Carbs w/ Low Carb Dessert | Menu subject to change without notice. Suggested voluntary donation \$3 per meal | If you have a special concern regarding sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information. |
| Cal:731 Carb:96/84 Na:1115 | Cal:697 Carb:93 Na:821 | | | |