

October 2023

Greater Springfield Senior Services, Inc.

Cold Supper Menu Updated 8/29/2023

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 Dilly Egg Salad Three Bean Salad Beet Salad Multigrain Bread SF Jello w/Topping Cal:937 Carb:58 Na:1083	3 Tuna Pocket Lettuce/Tomato Bowtie Pasta Salad Wheat Pita Mixed Fruit Cal:962 Carb:69 Na:688	4 Cobb Salad w/ Lettuce Blend & Tomatoes Ranch Dressing Wheat Bread Chilled Pears Cal:518 Carb:54 Na:628	5 Corned Beef & Swiss Green Bean Pimento Salad Coleslaw Rye Bread Diet Cookies Cal:621 Carb:56 Na:1152	6 Turkey & Cheddar Tossed Salad w/Ranch Butternut Squash Salad 12 Grain Bread Raisins Cal:773 Carb:108 Na:860
9 HOLIDAY- NO MEALS Cal:777 Carb:80 Na:1325	10 HIGH SODIUM DAY Italian Tuna Salad Citrus Carrot Salad Macaroni Salad Italian Bread SF Pudding w/Topping Cal:777 Carb:80 Na:1325	11 Curry Chicken Salad Cucumber Mint Salad Seasoned Chickpea Salad ½ Whole Wheat Pita Chilled Pineapple Cal:799 Carb:100 Na:785	12 Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Mandarin Oranges Cal:636 Carb:66 Na:960	13 HIGH SODIUM DAY Turkey BLT sandwich Lettuce/tomato/mayo Coleslaw Club Roll Mixed Fruit Cal:533 Carb:68 Na:1392
16 Ham Salad Pickled Beets Broccoli Slaw Multigrain Bread Diet Jello w/Topping Cal:614 Carb:59 Na:1193	17 Turkey & Provolone Lettuce/Tomato Marinated Winter Blend Veg Whole Wheat Roll Diet Cookie Cal:521 Carb:54 Na:1157	18 Salami & American Cheese Carrot Raisin Salad Potato Salad Rye Bread Chilled Applesauce Cal:855 Carb:76 Na:1177	19 Chicken Caesar Salad Tossed Salad Cucumber White Bean Salad Italian Bread Fresh Fruit Cal:719 Carb:75 Na:836	20 Mediterranean Pasta Salad Chickpea Tomato Salad Marinated Cucumber Salad WW Pita Chilled Peaches Cal:785 Carb:96 Na:795
23 Tuna Macaroni Salad Marinated Summer Blend Veg Blueberry Snack Loaf SF Pudding w/Topping Cal:902 Carb:95 Na:980	24 Turkey Waldorf Salad Carrot Cauliflower Salad Celery Salad Whole Wheat Bread Fresh Fruit Cal:735 Carb:63 Na:812	25 Traditional Egg Salad Three Bean Salad Broccoli Pasta Salad Whole Wheat Bread Mixed Fruit Cal:877 Carb:71 Na:851	26 Chef Salad w/Ham & Turkey Tossed Salad w/French Wheat Bread Chilled Applesauce Cal:519 Carb:45 Na:1161	27 Cape Cod Chx Salad Pickled Beets Red Bliss Potato Salad Oatmeal Bread Diet Cookies Cal:828 Carb:89 Na:1134
30 Roast Beef & Swiss Marinated California Blend Coleslaw Rye Bread Diet Cookie Cal:659 Carb:69 Na:1015	31 Tarragon Tuna Salad Tossed Salad w/Italian English Pea Salad 12 Grain Bread Chilled Peaches Cal:684 Carb:71 Na:1058	Suggested voluntary donation \$2.00 per meal. Menu subject to change With out notice.	Total Sodium & Calories include regular dessert, milk (100mg Na) &margarine(15mg Na).	If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 1136 for more information.