

October 2023

Greater Springfield Senior Services, Inc.

Home Delivered Menu Updated 08/15/2023

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 Chicken w/Dijon Sauce(410) Steamed Broccoli(9) Rice Pilaf(12) Whole Wheat Bread(150) Fresh Fruit(1)	3 Pierogis(440) Sautéed Red Cabbage(44) Parslied Carrots(62) 12 Grain Bread(115) Reg(150)/Diet Cookies(150)	4 Turkey Taco Plate(347) Zesty Corn Salad(171) Yellow Rice(29) Sour Cream(9) Tortilla Chips(115) Chilled Pineapple(6)	5 Honey Ginger Shrimp(425) Oriental Blend Veg(5) Fried Rice(143) Whole Wheat Roll(210) Mandarin Oranges(7)	6 Chicken Parmesan(330) Tossed Salad w/italian(147) Penne w/Sauce(211) Garlic Toast(210) Reg(53)/Diet Jello(35)w/Topping(12)
Cal:543 Carb:79 Na:983	Cal:553 Carb:93 Na:986	Cal:903 Carb:106 Na:966	Cal:565 Carb:75 Na:868	Cal:770 Carb:93/78 Na:1086
9 HOLIDAY- NO MEALS	10 Creamy Sundried Tomato Pasta *(512) w/Chicken Steamed Broccoli(9) Whole Wheat Bread(150) Mixed Fruit (4)	11 October Birthday Meal Turkey w/Gravy(492) Green Beans(12) Mashed Potatoes(8) Cranberry Stuffing(265) Birthday Cake(240)/Diet Cake(166)	12 HIGH SODIUM DAY Hot Dog w/Bun*(750) Potato Salad(214) Baked Beans(140) Ketchup(82)/Mustard(55) Fresh Fruit(0)	13 "Lazy" Stuffed Cabbage(135) Peas & Onions(42) Whole Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12)
	Cal:741 Carb:108 Na:817	Cal:840 Carb:115/103 Na:1187	Cal:908 Carb:91 Na:1351	Cal:625 Carb:69 Na:533
16 Breakfast Sausage(367) Spiced Apples(20) Potatoes O'Brien(29) French Toast*(600) w/ Fresh Fruit(2) Maple Syrup(23)	17 Hamburger w/Chz(540) Onions & Mushrooms(96) Tater Tots(28) Ketchup(82) Wheat Burger Bun(330) Mandarin Oranges(6)	18 Pork w/ Gravy(148) Collard Greens(245) Mashed Butternut Squash(26) Buttermilk Biscuit(172) Reg(70)/Diet Cookies(70)	19 Shrimp Scampi(268) Steamed Broccoli(9) Spaghetti Noodles(17) Whole Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12)	20 Chicken Pot Pie(269) California Blend Veg(17) Biscuit Topping(170) Pear Crisp(98)
Cal:688 Carb:108 Na:730	Cal:753 Carb:86 Na:1197	Cal:727 Carb:78 Na:631	Cal:738 Carb:88/73 Na:946	Cal:644 Carb:69 Na:695
23 Chicken Cacciatore(523) Penne Noodles(4) Whole Wheat Bread(150) Mandarin Oranges(7)	24 Ham w/Pineapple Sauce*(545) Herbed Green Beans(5) ½ Baked Sweet Potato(22) Dinner Roll(210) Reg(150)/Diet Cookies(75)	25 Crab Cake*(720) w/tartar(130) Steamed Corn(4) Coleslaw(118) Whole Wheat Bread(150) Fresh Fruit(1)	26 Korean Meatballs(577) Oriental Blend Veg(5) White Rice(4) Oatnut Bread(150) Reg(79)/Diet Cookies(79)	27 Shepherd's Pie(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5)
Cal:627 Carb:113 Na:821	Cal:699 Carb:105/94 Na:1124	Cal:591 Carb:97 Na:1137	Cal:683 Carb:94 Na:975	Cal:653 Carb:83 Na:586
30 Mac & Cheese (285) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Reg(109)/Diet Cookie(109)	31 HAPPY HALLOWEEN Beef Stew(117) With Carrots and Peas Mashed Potatoes(46) Wheat Roll(210) Reg(200)/Diet Pudding(210)w/Topping	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 with Low Carb Dessert	Menu subject to change without notice. Suggested voluntary donation \$2 per meal	If you have a special concern regarding sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.
Cal:665 Carb:110 Na:909	Cal:879 Carb:112/98 Na:725			