

December 2023

Greater Springfield Senior Services, Inc.

Cold Supper Menu Updated 10/16/2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Suggested voluntary donation \$2.00 per meal.</b></p> <p><b>Menu subject to change With out notice.</b></p>	<p><b>Total Sodium &amp; Calories include regular dessert, milk (100mg Na) &amp; margarine (15mg Na).</b></p>	<p><b>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8800 X 1136 for more information.</b></p>		<p><b>1</b></p> <p>Turkey &amp; Cheddar Tossed Salad w/Ranch Butternut Squash Salad 12 Grain Bread Diet Jello w/Topping</p> <p>Cal:606 Carb:53 Na:899</p>
<p><b>4</b></p> <p>Italian Tuna Salad Citrus Carrot Salad Macaroni Salad Italian Bread SF Pudding w/Topping</p> <p>Cal:777 Carb:80 Na:1325</p>	<p><b>5</b></p> <p>Curry Chicken Salad Cucumber Mint Salad Seasoned Chickpea Salad ½ Whole Wheat Pita Chilled Pineapple</p> <p>Cal:799 Carb:100 Na:785</p>	<p><b>6</b></p> <p>Roast Beef &amp; Swiss Marinated California Blend Coleslaw Rye Bread Diet Cookie</p> <p>Cal:659 Carb:69 Na:1015</p>	<p><b>7</b></p> <p>Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Mandarin Oranges</p> <p>Cal:636 Carb:66 Na:960</p>	<p><b>8</b></p> <p>Turkey &amp; Provolone Lettuce/Tomato Potato Salad Whole Wheat Roll Mixed Fruit</p> <p>Cal:672 Carb:62 Na:1141</p>
<p><b>11</b></p> <p>Ham Salad Pickled Beets Broccoli Slaw Multigrain Bread Diet Jello w/Topping</p> <p>Cal:614 Carb:59 Na:1193</p>	<p><b>12 HIGH SODIUM DAY</b></p> <p>Turkey BLT sandwich Lettuce/tomato/mayo Coleslaw Wheat Roll Diet Cookie</p> <p>Cal:533 Carb:68 Na:1392</p>	<p><b>13</b></p> <p>Salami &amp; American Cheese Carrot Raisin Salad Potato Salad Rye Bread Chilled Applesauce</p> <p>Cal:855 Carb:76 Na:1177</p>	<p><b>14</b></p> <p>Mediterranean Pasta Salad Chickpea Tomato Salad Marinated Cucumber Salad WW Pita Chilled Peaches</p> <p>Cal:785 Carb:96 Na:795</p>	<p><b>15</b></p> <p>Chicken Caesar Salad Tossed Salad Cucumber White Bean Salad Italian Bread Fresh Fruit</p> <p>Cal:719 Carb:75 Na:836</p>
<p><b>18</b></p> <p>Tuna Macaroni Salad Marinated Summer Blend Veg Blueberry Snack Loaf SF Pudding w/Topping</p> <p>Cal:902 Carb:95 Na:980</p>	<p><b>19</b></p> <p>Turkey Waldorf Salad Carrot Cauliflower Salad Celery Salad Whole Wheat Bread Fresh Fruit</p> <p>Cal:735 Carb:63 Na:812</p>	<p><b>20</b></p> <p>Traditional Egg Salad Three Bean Salad Broccoli Pasta Salad Whole Wheat Bread Mixed Fruit</p> <p>Cal:877 Carb:71 Na:851</p>	<p><b>21</b></p> <p>Chef Salad w/Ham &amp; Turkey Tossed Salad w/French Italian Bread Chilled Applesauce</p> <p>Cal:519 Carb:45 Na:1161</p>	<p><b>22</b></p> <p>Cape Cod Chx Salad Pickled Beets Red Bliss Potato Salad Oatmeal Bread Diet Cookies</p> <p>Cal:828 Carb:89 Na:1134</p>
<p><b>25</b></p>	<p><b>26</b></p> <p>Tarragon Tuna Salad Tossed Salad w/Italian English Pea Salad 12 Grain Bread Chilled Peaches</p> <p>Cal:684 Carb:71 Na:1058</p>	<p><b>27</b></p> <p>Corned Beef &amp; Swiss Coleslaw Marinated Cucumber Salad Whole Wheat Bread Sugar Free Jello w/Topping</p> <p>Cal:539 Carb:42 Na:1131</p>	<p><b>28</b></p> <p>Southwest Chx Salad Lettuce, Tomato, Cheese Zesty Corn Salad Tortilla Chips Fresh Fruit</p> <p>Cal:754 Carb:90 Na:1142</p>	<p><b>29</b></p> <p>Turkey &amp; Cheddar Carrot Cauliflower Salad Cucumber Tomato Salad Whole Wheat Roll Mixed Fruit</p> <p>Cal:542 Carb:53 Na:647</p>