

December 2023

Greater Springfield Senior Services, Inc.

Home Delivered Menu Updated 10/27/2023

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
Suggested voluntary donation \$2 Menu subject to change without notice.	Key for Symbols: Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(>500mg) Carbs listed for both reg/diet desserts	If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8800 X 1136 for more information.	Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).	1 Baked Penne & Meatballs*(648) Tossed Salad w/Italian(131) Garlic Toast(210) Fresh Fruit(1)
				Cal:914 Carb:102 Na:1132
4 HIGH SODIUM DAY Hot Dog w/Bun*(750) Potato Salad(214) Baked Beans(191) Ketchup(82)/Mustard(55) Fresh Fruit(0)	5 "Lazy" Stuffed Cabbage(135) Peas & Onions(42) Whole Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12)	6 Pork w/ Gravy(148) Collard Greens(245) Mashed Butternut Squash(26) Buttermilk Biscuit(172) Chilled Applesauce(14)	7 Creamy Sundried Tomato Pasta *(512) w/Chicken Steamed Broccoli(9) Whole Wheat Bread(150) Mixed Fruit (5)	8 Korean Meatballs*(577) Oriental Blend Veg(27) White Rice(4) Oatnut Bread(150) Reg(79)/Diet Cookies(79)
Cal:946 Carb:101 Na:1402	Cal:625 Carb:69/53 Na:533	Cal:739 Carb:76 Na:872	Cal:771 Carb:110 Na:820	Cal:683 Carb:94 Na:975
11 Breakfast Sausage(390) Spiced Applesauce(14) Potatoes O'Brien(34) French Toast(270) Fresh Fruit(2)	12 Chicken Pot Pie(269) California Blend Veg(17) Biscuit Topping(170) Peach Crisp(98)	13 Hamburger w/Chz(422) Onions & Mushrooms (96) Tater Tots(28) Ketchup(82) Wheat Burger Bun(330) Mandarin Oranges(6)	14 DECEMBER BIRTHDAY MEAL Chicken Cordon Bleu*(550) Herbed Green Beans(3) ½ Baked Potato(9) Dinner Roll(150) Cupcake(240)/Diet Cake(166)	15 Shrimp Scampi(268) Brussels Sprouts(12) Spaghetti Noodles(17) Whole Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12)
Cal:725 Carb:104 Na:850	Cal:612 Carb:70 Na:662	Cal:737 Carb:88 Na:1104	Cal:816 Carb:109/97 Na:1091	Cal:753 Carb:91/73 Na:967
18 Chicken Cacciatore(523) Penne Noodles(4) Whole Wheat Bread(150) Mandarin Oranges(7)	19 Ham w/Pineapple Sauce*(545) Herbed Green Beans(5) ½ Baked Sweet Potato(22) Dinner Roll(210) Fresh Fruit(2)	20 Lemon Chicken(209) Parslied Carrots(62) Rice Pilaf(12) Whole Wheat Bread(150) Chilled Pineapple(1)	21 Beef Stroganoff(290) Steamed Broccoli(9) Egg Noodles(6) Wheat Roll(210) Reg(200)/Diet Pudding(210)w/Topping	22 WINTER HOLIDAY LUNCH/HIGH SOD. Turkey w/Gravy(492) Steamed Peas(97) Mashed Potatoes(8) Cranberry Stuffing(265) Chocolate Cake(330)/Diet Red Velvet(210)
Cal:585 Carb:81 Na:707	Cal:624 Carb:104 Na:976	Cal:635 Carb:86 Na:575	Cal:895 Carb:94/90 Na:550	Cal:1000 Carb:134/114 Na:1249
25 HOLIDAY- NO MEALS	26 Mac & Cheese (285) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Reg(109)/Diet Cookie(109)	27 BBQ Pulled Pork(365) Spinach(188) ½ Baked Potato(9) WW Burger Bun(160) Reg(79)/Diet Cookie	28 Seafood Newburg*(696) Tossed Salad w/Ranch(137) Egg Noodles(6) Cornbread(180) Spiced Peaches(5)	29 Chicken Fajitas(491) Fajita Blend Vegetables(4) Yellow Rice(20) Flour Tortilla(170) Sour Cream(9) Fresh Fruit(1)
	Cal:665 Carb:110 Na:909	Cal:756 Carb:86 Na:940	Cal:879 Carb:108 Na:1157	Cal:508 Carb:61 Na:819