

September 2023

Greater Springfield Senior Services, Inc.

Cold Supper Menu Updated 7/31/2023

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>Suggested voluntary donation \$2.00 per meal.</p> <p>Menu subject to change With out notice.</p>	<p>Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine(15mg Na).</p>	<p>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8800 X 1136 for more information.</p>		<p>1 Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Mandarin Oranges Cal:627 Carb:65 Na:901</p>
<p>4 HOLIDAY- NO MEALS</p>	<p>5 Dilly Egg Salad Three Bean Salad Beet Salad Multigrain Bread SF Jello w/Topping Cal:937 Carb:58 Na:1083</p>	<p>6 HIGH SODIUM DAY Chef Salad w/Ham & Turkey Tossed Salad w/French Italian Bread Diet Cookies Cal:578 Carb:51 Na:1212</p>	<p>7 Chicken Caesar Salad Tossed Salad Cucumber White Bean Salad Dinner Roll Mixed Fruit Cal:703 Carb:58 Na:703</p>	<p>8 Seafood Salad Marinated Corn Salad Bowtie Pasta Salad Whole Wheat Bread Chilled Peaches Cal:1028 Carb:105 Na:1109</p>
<p>11 Turkey Salad Carrot Cauliflower Salad Pickled Beets Whole Wheat Bread Fresh Fruit Cal:699 Carb:62 Na:875</p>	<p>12 Roast Beef & Muenster Tomato Cucumber Salad Celery Salad Multigrain Bread Mixed Fruit Mustard pkt Cal:722 Carb:59 Na:983</p>	<p>13 NO MEAL SERVICE</p>	<p>14 Cape Cod Chx Salad Cherry Tomatoes w/Ranch Red Bliss Potato Salad Oatmeal Bread Diet Cookies Cal:725 Carb:84 Na:865</p>	<p>15 Cottage Cheese Lettuce /Tomato Three Bean Salad Wheat Roll Chilled Peaches Cal:578 Carb:61 Na:807</p>
<p>18 Egg Salad Three Bean Salad Broccoli Pasta Salad Wheat Roll Fresh Fruit Cal:1055 Carb:82 Na:841</p>	<p>19 Tuna Pocket Lettuce/Tomato Bowtie Pasta Salad Wheat Pita Mixed Fruit Cal:904 Carb:88 Na:812</p>	<p>20 Cobb Salad w/ Lettuce Blend & Tomatoes Ranch Dressing Wheat Bread Chilled Pears Cal:518 Carb:54 Na:628</p>	<p>21 Corned Beef & Swiss Green Bean Pimento Salad Coleslaw Rye Bread Diet Cookies Cal:621 Carb:56 Na:1152</p>	<p>22 Turkey & Cheddar Tossed Salad w/Italian English Pea Salad 12 Grain Bread Raisins Cal:627 Carb:67 Na:1065</p>
<p>25 Italian Tuna Salad Citrus Carrot Salad Macaroni Salad Italian Bread SF Pudding w/Topping Cal:504 Carb:59 Na:887</p>	<p>26 Sliced Turkey w/Muenster Celery Salad Lettuce/Tomato/Mayo WW Bread Fresh Fruit Cal: 650 Carb:54 Na:1075</p>	<p>27 Curry Chicken Salad Cucumber Mint Salad Seasoned Chickpea Salad ½ Whole Wheat Pita Chilled Pineapple Cal:755 Carb:93 Na:755</p>	<p>28 Roast Beef & Swiss Marinated California Blend Potato Salad Rye Bread Diet Cookies Cal:732 Carb:70 Na:1068</p>	<p>29 Turkey BLT sandwich Lettuce/tomato/mayo Coleslaw Wheat Bun Mixed Fruit Cal:525 Carb:59 Na:1223</p>