

September 2023

Greater Springfield Senior Services, Inc.

Home Delivered 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 Email: GSSSI.Nutrition@gsssi.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Suggested voluntary donation \$2/meal</b> <b>Menu subject to change without notice.</b>	<b>Key for Symbols:</b> Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(>500mg)	<b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8800 X 1136 for more information.</b>	<b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp; margarine(15mg Na).</b>	<b>1</b> New England Fish Chowder(423) Green Beans(5) Cornbread Mini Loaf(80) Chilled Pineapple(1)
				Cal:572 Carb:78 Na:342
<b>4</b> HOLIDAY- NO MEALS	<b>5</b> Mac & Cheese (285) Stewed Tomatoes(221) Whole Wheat Bread (115) Cranberry Juice (3) Reg/Diet Cookie(140)	<b>6</b> Shepherd's Pie(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Chilled Pears(4)	<b>7 BIG E STYLE LOADED BAKED POTATO</b> Baked Potato w/ bacon bits(338) & Broccoli & Cheddar Sauce(285) Sour Cream Pkt(9) Whole Wheat Roll(210) Fudge Cookie(85)/Diet Cookie(162)	<b>8</b> Rosé Chicken(531) California Blend Veg(17) Penne Pasta w/Sauce(1) Whole Wheat Bread(115) Fresh Fruit(0)
				Cal:650 Carb:84 Na:884
<b>11</b> American Chop Suey(211) Roman Blend Veg(35) Wheat Roll(210) Rice Krispie Treat(88)	<b>12 GRANDPARENT'S DAY MEAL</b> Baked Ham w/Pineapple *(568) Green Beans(5) Au Gratin Potatoes(195) Dinner Roll(210) Cookie(150)/Diet Cookie	<b>13</b> NO MEAL SERVICE	<b>14</b> Turkey Divan*(614) Steamed Broccoli(9) Egg Noodles(5) Wheat Dinner Roll(210) Spiced Peaches(6)	<b>15</b> Jamaican Jerk Chicken(484) Collard Greens(245) Coconut Rice(172) Oatnut Bread(150) Fresh Fruit(2)
				Cal:685 Carb:94 Na:662
<b>18 COLD PLATE</b> Dill Salmon Salad(402) over Tossed Salad w/Ranch(117) Citrus Carrot Salad(36) Whole Wheat Bread(115) Chilled Pears(4)	<b>19</b> Chicken Kiev(550) Herbed Green Beans(3) Herbed Roasted Red Potatoes(6) Dinner Roll(150) Fudge Round Cookie (85)	<b>20 BIG E STYLE PULLED PORK</b> BBQ Pulled Pork(365) Coleslaw(122) ½ Baked Sweet Potato(22) WW Burger Bun(160) Fresh Fruit (1)	<b>21</b> Meatloaf w/Mushroom Gravy(301) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Reg/Diet Pudding(200) w/Topping	<b>22</b> Broccoli Alfredo Pasta(494) Steamed Spinach(76) Orange Juice(26) Oatnut Bread(210) Chilled Peaches(6)
				Cal:814 Carb:56 Na:824
<b>25</b> Roasted Red Pepper Ravioli(211) Italian Blend Veg(19) Italian Bread(230) Oreo Cookie(150)	<b>26 COLD PLATE</b> Cape Cod Chicken Salad(167) Coleslaw(122) Multigrain Sun Chips(110) Wheat Hamburger Bun(254) Mixed Fruit(5)	<b>27 SEPTEMBER BIRTHDAY MEAL</b> Pot Roast w/Gravy (22) Herbed Green Beans(3) Garlic Mashed Potatoes(117) Whole Wheat Bread(115) Cupcake(240)/Diet Cake	<b>28</b> Chicken Piccata(347) Steamed Broccoli(9) Rice Pilaf(12) WW Bread(115) Fruit Ambrosia(4)	<b>29 HIGH SODIUM DAY</b> Spaghetti & Meatballs*(778) Tossed Salad w/Italian(123) Garlic Toast(210) Fresh Fruit(1)
				Cal:776 Carb:78 Na:753
Cal:911 Carb:115 Na:1283				