

OCTOBER 2024

Greater Springfield Senior Services, Inc.

**Cold Supper Menu** Updated 08/21/2024

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
<b>Suggested voluntary donation \$2.00 per meal.</b>  <b>Menu subject to change With out notice.</b>	<b>1 HIGH SODIUM DAY</b> Ham Salad Pickled Beets Broccoli Slaw Multigrain Bread Diet Jello Cal:593 Carb:65 Na:1296	<b>2</b> Salami & Swiss Coleslaw Macaroni Salad Marble Rye Bread Diet Cookies Cal:597 Carb:67 Na:1057	<b>3</b> Southwest Chx Salad Lettuce, Tomato, Cheese Zesty Corn Salad Tortilla Chips/ Ranch Dressing Fresh Fruit Cal:753 Carb:91 Na:1150	<b>4</b> Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Mandarin Oranges Cal:642 Carb:68 Na:891
	<b>7</b> Tuna Macaroni Salad Citrus Carrot Salad Blueberry Snack Loaf Diet Pudding w/Topping Cal:908 Carb:98 Na:856	<b>8</b> Turkey Waldorf Salad Marinated Cucumbers Celery Salad Whole Wheat Bread Fresh Fruit Cal:683 Carb:55 Na:653	<b>9</b> Traditional Egg Salad Three Bean Salad Pickled Beets Whole Wheat Bread Mixed Fruit Cal:899 Carb:71 Na:953	<b>10</b> Chef Salad w/Ham & Turkey Tossed Salad w/French Italian Bread Chilled Applesauce Cal:508 Carb:48 Na:1128
<b>14</b> HOLIDAY NO MEALS	<b>15</b> Tuna Pocket Carrot Raisin Salad Bowtie Pasta Salad Wheat Pita Diet Pudding w/Topping Cal:1089 Carb:83 Na:1135	<b>16</b> Cobb Salad w/ Lettuce Blend & Tomatoes Ranch Dressing Wheat Bread Mixed Fruit Cal:724 Carb:51 Na:933	<b>17</b> Roast Beef & Provolone Coleslaw Three Bean Salad Rye Bread Fresh Fruit Cal:819 Carb:84 Na:986	<b>18</b> Turkey & Cheddar Tossed Salad w/Italian Butternut Squash Salad Wheat Roll Diet Cookie Cal:582 Carb:56 Na:925
<b>21</b> Dilly Egg Salad Broccoli Slaw Chickpea Tomato Salad Whole Wheat Bread Applesauce Cal:867 Carb:79 Na:989	<b>22</b> Turkey BLT sandwich Lettuce/tomato/mayo Potato Salad Oatnut Bread Fresh Fruit Cal:608 Carb:73 Na:1074	<b>23</b> Tarragon Tuna Salad Tossed Salad w/Italian English Pea Salad 12 Grain Bread Chilled Peaches Cal:679 Carb:70 Na:1052	<b>24</b> Grilled Chicken Caesar Salad Over Tossed Salad Cucumber White Bean Salad Whole Wheat Bread Diet Jello w/Topping Cal:594 Carb:45 Na:1073	<b>25 HIGH SODIUM DAY</b> Corned Beef & Swiss Coleslaw Macaroni Salad Rye Bread Diet Cookie Cal:675 Carb:67 Na:1383
<b>28</b> Cape Cod Tuna Salad Citrus Carrot Salad Pickled Beets 12 Grain Bread Diet Cookie Cal:614 Carb:80 Na:963	<b>29</b> Mediterranean Pasta Salad Chickpea Tomato Salad Marinated Cucumber Salad ½ Whole Wheat Pita Mixed Fruit Cal:789 Carb:94 Na:831	<b>30</b> Roast Beef & Provolone Lettuce/Tomato Celery Salad Whole Wheat Bread Diet Pudding w/ Topping Cal:593 Carb:54 Na:1041	<b>31</b> Hawaiian Chicken Salad Ginger Lime Coleslaw Macaroni Salad White Roll Chilled Pears Cal:782 Carb:73 Na:1115	<b>Total Sodium &amp; Calories include regular dessert, milk (100mg Na) &amp;margarine(15mg Na).</b>