

October 2024

Greater Springfield Senior Services, Inc.

Home Delivered Menu Updated 07/06/2023

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>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 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> Shepherd's Pie(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5) Cal:730 Carb:86 Na:643	<b>2</b> Chicken Fajitas(479) Fajita Blend Vegetables(4) Yellow Rice(20) Sour Cream(9) Flour Tortilla(170) Reg(53)/Diet Cookies Cal:532 Carb:55 Na:950	<b>3</b> Shrimp Scampi(520) Tossed Salad w/Italian(131) Spaghetti Noodles(11) Garlic Bread(210) Reg/Diet Jello(53) w/Topping(12) Cal:696 Carb:60 Na:1042	<b>4</b> Chicken Broccoli Alfredo Pasta(242) Steamed Spinach(188) Orange Juice(26) Whole Wheat Roll(210) Chilled Applesauce(9) Cal:753 Carb:108 Na:1090
	<b>7</b> American Chop Suey(211) Roman Blend Veg(13) Wheat Roll(210) Rice Krispie Treat(88) Cal:685 Carb:94 Na:662	<b>8</b> Tuna Noodle Casserole(626) Stewed Tomatoes(205) Whole Wheat Dinner Roll(210) Apple Crisp(65) Cal:759 Carb:111 Na:1187	<b>9</b> Jamaican Jerk Chicken(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:805 Carb:95 Na:1090	<b>10</b> Beef Stroganoff(230) Brussels Sprouts(15) Egg Noodles(5) Italian Bread(230) Reg(70)/Diet Cookie(70) Cal:616 Carb:84 Na:691
<b>14</b> HOLIDAY- NO MEALS Cal:685 Carb:94 Na:662	<b>15</b> Braised Pork w/Apple Gravy(298) Steamed Peas(58) Mashed Potatoes(46) Whole Wheat Bread(150) Fresh Fruit(2) Cal:758 Carb:105 Na:691	<b>16 BIRTHDAY/HIGH SODIUM MEAL</b> Chicken Cordon Bleu*(684) Steamed Broccoli (9) ½ Sweet Potato(33) Dinner Roll(150) Cupcake(240)/Diet Cake(166) Cal:800 Carb:102/90 Na:1266	<b>17</b> Turkey Chili(385) Sour Cream(9) Mixed Vegetables(53) White Rice(4) Italian Bread(230) Chilled Pineapple(1) Cal:744 Carb:107 Na:773	<b>18</b> Butter Crumb Fish(288) Parslied Carrots(62) Roasted Red Potatoes(21) Whole Wheat Bread(150) Reg(70)/Diet Cookies(75) Cal:633 Carb:72/72 Na:869
<b>21</b> Ravioli w/Meat Sauce*(557) Italian Blend Veg(19) Italian Bread(230) Reg/Diet Cookies(60) Cal:580 Carb:75 Na:1007	<b>22</b> Chicken & Dumplings*(541) Tossed Salad w/Italian(137) Mashed Butternut Squash (3) Multigrain Bread(200) Chilled Applesauce(9) Cal:722 Carb:98 Na:1023	<b>23</b> Mandarin Orange Turkey*(517) Pacific Blend Vegetables(27) White Rice(4) Oatnut Bread(150) Mixed Fruit(5) Cal:641 Carb:98 Na:843	<b>24</b> Pot Roast w/Gravy (126) Brussels Sprouts(12) Garlic Mashed Potatoes(118) Whole Wheat Bread(115) Fresh Fruit(1) Cal:742 Carb:93 Na:540	<b>25</b> Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(115) Mandarin Oranges(7) Cal:729 Carb:93 Na:804
<b>28 HIGH SODIUM DAY</b> Turkey w/Dijon Sauce*(893) Steamed Spinach(188) Rice Pilaf(12) Whole Wheat Bread(115) Fresh Fruit(1) Cal:627 Carb:77 Na:1347	<b>29</b> Turkey Taco Plate(347) Tossed Salad w/Ranch(123) Yellow Rice(29) Sour Cream(9) Tortilla Chips(115) Chilled Pineapple(6) Cal:874 Carb:110 Na:1161	<b>30</b> Pierogis(440) Sautéed Cabbage(44) Parslied Carrots(62) 12 Grain Bread(115) Reg(150)/Diet Cookies(150) Cal:604 Carb:93 Na:986	<b>31 HAPPY HALLOWEEN</b> Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Cookie(55)/Diet Cookie(55) Cal:644 Carb:78 Na:773	<b>Suggested voluntary donation \$2/meal</b> <b>Menu subject to change without notice.</b> <b>Key for Symbols:</b> Cal= Calories (mg Na in each item) Carb=Carbohydrates Carbs listed for both reg/diet desserts Na= Sodium *Sodium content(>500mg)