

November 2024

Greater Springfield Senior Services, Inc.

Cold Supper Menu Updated 09/17/2024

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
Suggested voluntary donation \$2.00 per meal. Menu subject to change With out notice.	Total Sodium & Calories include regular dessert, milk (100mg Na) &margarine(15mg Na).	If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8800 X 1136 for more information.		1 Turkey Salad Carrot Raisin Salad Pickled Beets Whole Wheat Bread Fresh Fruit Cal:720 Carb:67 Na:809
4 Traditional Egg Salad Three Bean Salad Citrus Carrot Salad 12 Grain Bread Chilled Pineapple Cal:942 Carb:90 Na:840	5 Ham & Muenster Tomato Cucumber Salad Coleslaw Multigrain Bread Mandarin Oranges Cal:602 Carb:62 Na:935	6 Seafood Salad Zesty Corn Salad Bowtie Pasta Salad Whole Wheat Bread Fresh Fruit Cal:1036 Carb:109 Na:1082	7 HIGH SODIUM DAY Chef Salad w/Ham & Turkey Tossed Salad w/French Italian Bread Diet Cookie Cal:588 Carb:53 Na:1284	8 Chilled Sesame Noodles w/ Chicken Ginger Lime Coleslaw Whole Wheat Bread Diet Jello w/Topping Cal:556 Carb:81 Na:586
11 HOLIDAY- NO MEALS	12 Tuna Macaroni Salad Carrot Citrus Salad Cherry Snack Loaf Mixed Fruit Cal:834 Carb:93 Na:718	13 Turkey & Swiss Coleslaw Tomato Onion Salad Rye Bread Diet Jello w/Topping Cal:585 Carb:42 Na:836	14 Cape Cod Chicken Salad Marinated Cucumbers Potato Salad Whole Wheat Bread Diet Cookies Cal:751 Carb:73 Na:876	15 Cottage Cheese Lettuce/Tomato Three Bean Salad Wheat Roll Chilled Peaches Cal:650 Carb:77 Na:834
18 Dilly Egg Salad Broccoli Slaw White Bean Cucumber Salad Whole Wheat Bread Chilled Applesauce Cal:804 Carb:66 Na:974	19 Tuna Pocket Tomato Onion Salad Bowtie Pasta Salad Wheat Pita Diet Pudding w/Topping Cal:1077 Carb:80 Na:911	20 Cobb Salad w/ Lettuce Blend & Tomatoes Ranch Dressing Wheat Bread Mixed Fruit Cal:724 Carb:51 Na:933	21 Turkey & Cheddar Tossed Salad w/Italian Butternut Squash Salad Wheat Roll Diet Cookie Cal:597 Carb:61 Na:950	22 Roast Beef & Provolone Coleslaw Three Bean Salad Rye Bread Fresh Fruit Cal:795 Carb:76 Na:985
25 Ham & Swiss Pickled Beets Broccoli Slaw Multigrain Bread Diet Jello w/Topping Cal:656 Carb:58 Na:1036	26 Turkey BLT sandwich Lettuce/tomato/mayo Coleslaw Wheat Roll Diet Cookie Cal:509 Carb:56 Na:1069	27 HIGH SODIUM DAY Salami & American Cheese Carrot Raisin Salad Potato Salad Rye Bread Chilled Applesauce Cal:690 Carb:76 Na:1462	28 HOLIDAY- NO MEALS	29 Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Chilled Pineapple Cal:642 Carb:68 Na:891