

November 2024

Greater Springfield Senior Services, Inc.

Home Delivered Menu Updated 08/23/2024

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
<p><b>Suggested voluntary donation \$2</b> Menu subject to change without notice.</p>	<p><b>Key for Symbols:</b> Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(&gt;500mg) Carbs listed for both reg/diet desserts</p>	<p><b>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8800 X 1136 for more information.</b></p>	<p><b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp; margarine(15mg Na).</b></p>	<p><b>1</b> Chicken Pot Pie(269) California Blend Veg(17) Biscuit Topping(170) Pear Crisp(98)</p>
				<p>Cal:608 Carb:65 Na:676</p>
<p><b>4</b> Creamy Roasted Red-Pepper Pasta *(247) w/Chicken(420) Steamed Broccoli(9) Whole Wheat Bread(150) Chilled Applesauce(14)</p>	<p><b>5</b> Korean Meatballs(577) Pacific Blend Veg(5) White Rice(4) Oatnut Bread(150) Reg(79)/Diet Cookies(79)</p>	<p><b>6</b> Chicken Fajitas(491) Fajita Blend Vegetables(3) Yellow Rice(20) Flour Tortilla(170) Sour Cream(9) Fresh Fruit(1)</p>	<p><b>7 HIGH SODIUM DAY</b> Hot Dog w/Bun*(750) Potato Salad(214) Baked Beans(140) Ketchup(82) Mixed Fruit(5)</p>	<p><b>8</b> Beef Stew(100) With Carrots and Peas Mashed Potatoes(46) Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12)</p>
<p>Cal:788 Carb:113 Na:980</p>	<p>Cal:683 Carb:94 Na:983</p>	<p>Cal:505 Carb:60 Na:896</p>	<p>Cal:857 Carb:83 Na:1491</p>	<p>Cal:679 Carb:73/71 Na:519</p>
<p><b>11</b> <b>HOLIDAY- NO MEALS</b></p>	<p><b>12</b> Pork w/Apple Gravy(148) Collard Greens(245) Mashed Butternut Squash(26) Buttermilk Biscuit(172) Reg(70)/Diet Cookies(70)</p>	<p><b>13</b> Hamburger w/Chz(540) Onions &amp; Mushrooms(96) Roasted Red Potatoes(28) Wheat Burger Bun(330) Mandarin Oranges(6) Ketchup(82)</p>	<p><b>14</b> Chicken Parmesan(354) Tossed Salad w/Italian(123) Penne w/Sauce(211) Garlic Toast(210) Reg(53)/Diet Jello(35)w/Topping(12)</p>	<p><b>15</b> Breakfast Sausage(367) Spiced Apples(20) Potatoes O’Brien(29) French Toast*(600) w/ Fresh Fruit(2) Maple Syrup(23)</p>
	<p>Cal:730 Carb:74 Na:879</p>	<p>Cal:728 Carb:87 Na:1105</p>	<p>Cal:762 Carb:81/79 Na:1086</p>	<p>Cal:704 Carb:109 Na:846</p>
<p><b>18</b> “Lazy” Stuffed Cabbage(105) Peas &amp; Onions(42) Whole Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12)</p>	<p><b>19</b> Ham w/Pineapple Sauce*(545) Herbed Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Fresh Fruit(1)</p>	<p><b>20 THANKSGIVING/HIGH SODIUM</b> Turkey w/Gravy(492) Steamed Peas(12) Mashed Potatoes(8) Cranberry Stuffing(265) Pumpkin Pie(510)/Diet Pie(425)</p>	<p><b>21</b> Crab Cake*(600) w/tartar(130) Steamed Corn(4) Coleslaw(122) Whole Wheat Bread(150) Chilled Peaches(6)</p>	<p><b>22</b> Chicken Marsala(528) Tossed Salad w/Italian(123) Penne Noodles(4) Garlic Bread(210) Mixed Fruit(5)</p>
<p>Cal:577 Carb:54/52 Na:501</p>	<p>Cal:562 Carb:94 Na:804</p>	<p>Cal:923 Carb:130/128 Na:1323</p>	<p>Cal:670 Carb:94 Na:1152</p>	<p>Cal:644 Carb:75 Na:1037</p>
<p><b>25</b> Mac &amp; Cheese (280) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Reg(53)/Diet Jello(35)w/Topping(12)</p>	<p><b>26</b> Shepherd’s Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5)</p>	<p><b>27 BIRTHDAY MEAL</b> BBQ Pulled Pork(365) Broccoli Slaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(160) Reg(240)/Diet Cupcake(166)</p>	<p><b>28</b> <b>HOLIDAY- NO MEALS</b></p>	<p><b>29</b> Fish Chowder(421) Green Beans(5) Oyster Crackers(140) Mandarin Oranges(7)</p>
				<p>Cal:566 Carb:71/69 Na:824</p>