

April 2024 Greater Springfield Senior Services, Inc.

Cold Supper Menu Updated 02/13/2024

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
1 Tuna Macaroni Salad Marinated Summer Blend Veg Cornbread Muffin SF Pudding w/Topping	2 Turkey Salad Carrot Raisin Salad Celery Salad Whole Wheat Bread Fresh Fruit	3 Egg Salad Three Bean Salad Broccoli Pasta Salad Whole Wheat Bread Mixed Fruit	4 HIGH SODIUM DAY Chef Salad w/Ham & Turkey Tossed Salad w/French Italian Bread Diet Cookies	5 Grilled Chicken Caesar Salad Over Tossed Salad Cucumber White Bean Salad Whole Wheat Bread Chilled Pineapple
Cal:902 Carb:95 Na:910	Cal:684 Carb:62 Na:689	Cal:877 Carb:71 Na:851	Cal:542 Carb:48 Na:1223	Cal:736 Carb:73 Na:1195
8 HIGH SODIUM DAY Corned Beef & Swiss Coleslaw Macaroni Salad Rye Bread Sugar Free Jello w/Topping	9 Tarragon Tuna Salad Citrus Carrot Salad English Pea Salad 12 Grain Bread Mandarin Oranges	10 Mediterranean Pasta Salad Chickpea Tomato Salad Marinated Cucumber Salad WW Pita Chilled Peaches	11 Southwest Chx Salad w/Ranch Lettuce, Tomato, Cheese Corn Salad Tortilla Chips Fresh Fruit	12 Turkey & Cheddar Tossed Salad w/Italian Butternut Squash Salad Wheat Roll Mixed Fruit
Cal:836 Carb:61 Na:1496	Cal:688 Carb:73 Na:957	Cal:785 Carb:96 Na:754	Cal:757 Carb:88 Na:1011	Cal:596 Carb:64 Na:709
15 HOLIDAY- NO MEALS	16 Cape Cod Tuna Salad Citrus Carrot Salad Pickled Beets 12 Grain Bread Diet Cookie	17 Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Mandarin Oranges	18 Hawaiian Chicken Salad Ginger Lime Coleslaw Macaroni Salad White Roll Chilled Applesauce	19 Ham Salad Tomato Onion Salad Broccoli Pasta Salad Wheat Bread Fresh Fruit
	Cal:618 Carb:80 Na:963	Cal:636 Carb:67 Na:960	Cal:713 Carb:71 Na:1114	Cal:586 Carb:79 Na:1044
22 Traditional Egg Salad Three Bean Salad Beet Salad Multigrain Bread SF Jello w/Topping	23 Seafood Salad Marinated Corn Salad Bowtie Pasta Salad Whole Wheat Bread Fresh Fruit	24 Cobb Salad w/ Lettuce Blend & Tomatoes Ranch Dressing Wheat Bread Chilled Pears	25 Tuna & Provolone Pocket Lettuce/Tomato Coleslaw ½ Pita Bread Diet Cookies	26 Turkey & Swiss Lettuce/Tomato Potato Salad Italian Bread Applesauce
Cal:856 Carb:56 Na:1062	Cal:1056 Carb:114 Na:1105	Cal:719 Carb:50 Na:932	Cal:639 Carb:54 Na:1014	Cal:676 Carb:65 Na: 869
29 Ham & Muenster Tomato Cucumber Salad Coleslaw Multigrain Bread Mandarin Oranges	30 Cottage Cheese Lettuce /Tomato Three Bean Salad Wheat Roll Diet Pudding w/Topping		Suggested voluntary donation \$2.00 per meal. If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 1136 for more information.	Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine(15mg Na). Menu subject to change Without notice.
Cal:548 Carb:61 Na:1147	Cal:666 Carb:65 Na:1049			