

April 2024

Greater Springfield Senior Services, Inc.

Home Delivered Menu 11/22/2023

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
1 Breakfast Sausage(390) Spiced Apples(24) Syrup(23) Potatoes O'Brien(34) Mini Maple Chip Waffles(170) Fresh Fruit(2) Cal:656 Carb:101 Na:783	2 HIGH SODIUM DAY Hamburger w/Chz(422) Coleslaw(122) Ketchup(82) Macaroni Salad(294) Wheat Burger Bun(330) Reg(70)/Diet Cookies(70) Cal:909 Carb:85 Na:1377	3 Butter Chicken(457) Steamed Spinach (188) White Rice(4) Buttermilk Biscuit(298) Mandarin Oranges(7) Cal:786 Carb:91 Na:1093	4 Turkey w/Gravy(355) Parslied Carrots(62) Mashed Potatoes(46) Whole Wheat Bread(150) Chilled Applesauce(14) Cal:527 Carb:72 Na:767	5 Shrimp Scampi*(520) Steamed Broccoli(9) Spaghetti Noodles(1) Whole Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12) Cal:738 Carb:88/73 Na:946
8 COLD PLATE Traditional Egg Salad(388) Three Bean Salad(126) Broccoli Slaw(117) Whole Wheat Bread(150) Raisins(4) Cal:909 Carb:75 Na:874	9 Beef Stroganoff(290) Brussels Sprouts(12) Egg Noodles(6) Multigrain Bread(210) Reg(210)/SF(180) Puddingw/Topping(12) Cal:862 Carb:98 Na:659	10 Crab Cake*(720) w/tartar(130) Steamed Corn(4) Coleslaw(118) Whole Wheat Bread(150) Fresh Fruit(1) Cal:591 Carb:97 Na:1137	11 Spaghetti & Meatballs(441) Tossed Salad w/Ranch(122) Garlic Toast(210) Reg/Diet Cookies(150) Cal:741 Carb:81 Na:1073	12 Ham w/Pineapple(425) Herbed Green Beans(5) Au Gratin Potatoes(195) Whole Wheat Dinner Roll(210) Mandarin Oranges(7) Cal:577 Carb:91 Na:981
15 HOLIDAY- NO MEALS	16 Mac & Cheese (285) Stewed Tomatoes(221) Whole Wheat Bread (150) Reg(53)/Diet Jello(35)w/Topping(12) Cal:634 Carb:83/69 Na:845	17 Chicken Pesto Pasta*(608) Steamed Spinach(188) Cranberry Juice(26) Whole Wheat Roll(210) Chilled Pineapple(1) Cal:770 Carb:98 Na:1149	18 BBQ Pulled Pork(365) Celery Salad(75) Baked Potato(9) Mini Cornbread Loaf(179) Fresh Fruit(0) Cal:830 Carb:98 Na:768	19 Crispy Fish Sandwich w/ Cheese(499) Coleslaw(122) Steamed Corn(1) Hamburger Bun(230) Applesauce(14) Tartar Sauce(130) Cal:712 Carb:102 Na: 1121
22 American Chop Suey(211) Roman Blend Veg(13) Wheat Roll(210) Rice Krispie Treat(88) Cal:685 Carb:94 Na:662	23 Jamaican Jerk Chicken(487) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Raisins(4) Cal:901 Carb:116 Na:1197	24 COLD PLATE Ham & Swiss (475) Citrus Carrot Salad(36) Red Bliss Potato Salad((214) Hamburger Bun(230) Fresh Fruit(2) Cal:830 Carb:92 Na:1020	25 Mediterranean Turkey(426) Tomato Cucumber Salad(3) Couscous(11) Whole Wheat Bread(150) Spiced Pears(38) Cal:712 Carb:92 Na:768	26 Pasta Primavera(314) Orange Juice(0) Tossed Salad w/Italian(121) Garlic Bread(210) Reg(53)/Diet(35) Jello w/Topping(12) Cal:929 Carb:118/103 Na:847
29 Shepherd's Pie(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5) Cal:670 Carb:85 Na:650	30 APRIL BIRTHDAY MEAL/HIGH SOD. Chicken Cordon Bleu(550) Steamed Broccoli (9) ½ Sweet Potato(42) Dinner Roll(150) Reg(240)/Diet Cupcake(166) Cal:799 Carb:101/89 Na:1190		Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na). Suggested voluntary donation \$2/meal Menu subject to change without notice.	If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X1136 for more information. Key for Symbols: Carb= Carbohydrate Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)