

July 2024 Greater Springfield Senior Services, Inc.

Cold Supper Menu Updated 04/22/2024

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 Ham Salad Pickled Beets Broccoli Slaw Multigrain Bread Diet Jello w/Topping Cal:614 Carb:59 Na:1193	2 Turkey & Provolone Lettuce/Tomato Potato Salad WW Pita Mixed Fruit Cal:597 Carb:58 Na:912	3 HIGH SODIUM DAY Salami & American Cheese Carrot Raisin Salad Tomato Onion Salad Oatnut Bread Chilled Applesauce Cal:703 Carb:77 Na:1284	4 HOLIDAY- NO MEALS	5 Grilled Chicken Caesar Salad Over Tossed Salad White Bean Cucumber Salad Italian Bread Fresh Fruit Cal:628 Carb:76 Na:1076
8 Turkey Salad Broccoli Salad Bowtie Pasta Salad Whole Wheat Bread Fresh Fruit Cal:929 Carb:77 Na:580	9 Traditional Egg Salad Three Bean Salad Lettuce/Tomato 12 Grain Bread Chilled Pineapple Cal:831 Carb:71 Na:759	10 Chef Salad w/Ham & Turkey Tossed Salad w/French Italian Bread Chilled Pears Cal:541 Carb:44 Na:1098	11 Cape Cod Chx Salad Celery Salad Red Bliss Potato Salad Oatmeal Bread Diet Cookies Cal:780 Carb:76 Na:905	12 Tuna Macaroni Salad Marinated Cucumber Salad Cornbread Muffin SF Pudding w/Topping Cal:901 Carb:92 Na:886
15 Tarragon Tuna Salad Pickled Beets English Pea Salad 12 Grain Bread Mandarin Oranges Cal:715 Carb:68 Na:1116	16 HIGH SODIUM DAY Corned Beef & Swiss Coleslaw Macaroni Salad Rye Bread SF Jello w/Topping Cal:836 Carb:59 Na:1496	17 Southwest Chx Salad w/Ranch Lettuce, Tomato, Cheese Corn & Peppers Salad Tortilla Chips Fresh Fruit Cal:734 Carb:83 Na:986	18 Mediterranean Pasta Salad Chickpea Tomato Salad Marinated Cucumber Salad WW Pita Chilled Peaches Cal:801 Carb:98 Na:832	19 Turkey & Cheddar Tossed Salad w/Italian Butternut Squash Salad 12 Grain Bread Applesauce Cal:595 Carb:62 Na:708
22 Cape Cod Tuna Salad Citrus Carrot Salad Pickled Beets 12 Grain Bread Fresh Fruit Cal:619 Carb:83 Na:888	23 Ham & Provolone Tomato Onion Salad Celery Salad Wheat Bread SF Pudding w/Topping Cal:614 Carb:56 Na:1107	24 Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Mandarin Oranges Cal:642 Carb:68 Na:981	25 Hawaiian Chicken Salad Ginger Lime Coleslaw Macaroni Salad White Roll Chilled Applesauce Cal:713 Carb:71 Na:1114	26 Turkey & Swiss Lettuce/Tomato Potato Salad Whole Wheat Roll Diet Cookies Cal:801 Carb:61 Na:1058
29 Seafood Salad Marinated Corn Salad Bowtie Pasta Salad Whole Wheat Bread Fresh Fruit Cal:1054 Carb:114 Na:1083	30 Dilly Egg Salad Chickpea Tomato Salad Beet Salad Multigrain Bread SF Jello w/Topping Cal:886 Carb:78 Na:1168	31 Cobb Salad w/ Lettuce Blend & Tomatoes Ranch Dressing Wheat Bread Chilled Pears Cal:512 Carb:54 Na:608	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.