

July 2024

Greater Springfield Senior Services, Inc.

Home Delivered Menu 04/19/2024`

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
1 Cheese Lasagna w/Meat Sauce*(639) Green Beans(5) Oatnut Bread(150) Chilled Pineapple(1) Cal:740 Carb:97 Na: 935	2 Butter Crumb Fish(296) Steamed Broccoli(9) Roasted Red Bliss Potatoes(21) Whole Wheat Bread(150) Fresh Fruit(1) Tartar(130) Cal:608 Carb:75 Na:747	3 Pot Roast w/Gravy(123) Tossed Salad w/Italian(121) Garlic Mashed Potatoes(117) Whole Wheat Bread(150) Brownie(162)Diet Cookie(70) Cal:945 Carb:103/75 Na:817	4 HOLIDAY- NO MEALS	5 4TH OF JULY BBQ/HIGH SODIUM DAY Hot Dog w/Bun*(720) Coleslaw(122) Baked Beans(122) Ketchup(82)/Mustard(55)/Relish((81) Reg(53)/Diet Jello(35) w/Topping(12) Cal:685 Carb:62/61 Na:1334
8 Breakfast Sausage(390) Spiced Apples(24) Syrup(23) Potatoes O'Brien(7) French Toast Bites(270) Fresh Fruit(2) Cal:718 Carb:111 Na:857	9 Tuna Noodle Casserole(564) Parslied Carrots(62) Whole Wheat Bread(150) Reg(190)/Diet(210) Pudding w/Topping Cal:612 Carb:81/77 Na:1118	10 Turkey Taco Plate(431) Tossed Salad w/Ranch(122) Yellow Rice(97) Sour Cream(9) Tortilla Chips(115) Chilled Pineapple(1) Cal:799 Carb:73 Na:898	11 HIGH SODIUM DAY Steak and Cheese Sandwich*(658) Onions & Peppers(4) Potato Salad(224) Hot Dog Bun(210) Reg/Diet Cookies(86) Cal:763 Carb:69 Na:1322	12 Chicken Marsala(528) Steamed Broccoli(9) Parslied Penne(22) Whole Wheat Roll(210) Raisins(4) Cal:618 Carb:92 Na:913
15 "Lazy" Stuffed Cabbage(105) Peas & Onions(79) Whole Wheat Bread(150) Rice Krispie Treat(88) Cal:635 Carb:70 Na:561	16 Swedish Meatballs(320) Summer Blend Veg(50) Egg Noodles(5) Oatnut Bread(150) Fresh Fruit(0) Cal:850 Carb:100 Na:665	17 COLD PLATE Chef Salad*(558) w/ Italian(119) Ham & Turkey Celery Salad(75) Whole Wheat Bun(210) Chilled Peaches(6) Cal:567 Carb:57 Na:1109	18 Lemon Chicken(209) Parslied Carrots(62) Roasted Red Potatoes(21) Whole Wheat Bread(150) Chilled Pineapple(1) Cal:610 Carb:94 Na:583	19 Sloppy Joe(315) Potato Salad(214) Sun Chips(110) Wheat Hamburger Bun(230) Reg(53)/Diet Jello(35) w/Topping(12) Cal:785 Carb:78/76 Na:1048
22 Chicken Pot Pie(269) California Blend Veg(17) Biscuit Topping(170) Pear Crisp(79) Cal:608 Carb:65 Na:676	23 Hamburger w/Chz(422) Onions & Mushrooms(96) Macaroni Salad(122) Wheat Burger Bun(330) Ketchup(82) Chilled Applesauce(14) Cal:647 Carb:75 Na:1190	24 COLD PLATE Ham & Swiss (475) Citrus Carrot Salad(36) Red Bliss Potato Salad(214) Hamburger Bun(230) Fresh Fruit(2) Cal:783 Carb:84 Na:1038	25 BIRTHDAY MEAL Turkey w/Gravy(356) Herbed Green Beans(5) Mashed Potatoes(46) Whole Wheat Bread(150) Reg(240)/Diet Cupcake(166) Cal:646 Carb:89 Na:933	26 Shrimp Scampi*(520) Steamed Broccoli(9) Spaghetti Noodles(11) Whole Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12) Cal:612 Carb:61/59 Na:919
29 COLD PLATE Egg Salad(388) Three Bean Salad(126) Broccoli Slaw(117) Whole Wheat Bread(150) Raisins(4) Cal:740 Carb:81 Na:1023	30 Beef Stroganoff(226) Brussels Sprouts(15) Egg Noodles(5) Multigrain Bread(200) Reg(190)/SF(210) Pudding w/Topping(12) Cal:740 Carb:98/93 Na:789	31 Crab Cake*(600) w/tartar(130) Steamed Corn(4) Coleslaw(122) Whole Wheat Bread(150) Fresh Fruit(1) Cal:591 Carb:97 Na:1137	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)				