

**March 2025**

**Greater Springfield Senior Services, Inc.**

**Cold Supper Menu UPDATED 01/02/2025**

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
<b>3</b> Salami & Cheese Broccoli Slaw Celery Salad Whole Wheat Bread Mixed Fruit Cal:577 Carb:54 Na:1096	<b>4</b> Turkey Sesame Noodles Ginger Lime Slaw Cranberry Snack Loaf Diet Pudding w/Topping Cal:787 Carb:116 Na:860	<b>5</b> Dilly Egg Salad Bowtie Pasta Salad Three Bean Salad Whole Wheat Roll Fresh Fruit Cal:823 Carb:79 Na:881	<b>6</b> Greek Salad w/Chicken Pickled Beets Wheat Pita Mandarin Oranges Italian Dressing Cal:587 Carb:60 Na:1037	<b>7</b> Salmon Salad White Bean Cucumber Salad Potato Salad Oatnut Bread Diet Cookies Cal:916 Carb:76 Na:994
<b>10</b> Crab & Dill Pasta Salad Zesty Corn Salad Cornbread Muffin Diet Jello w/Topping Cal:676 Carb:99 Na:867	<b>11</b> Classic Chicken Salad Coleslaw Carrot Raisin Salad Multigrain Bread Applesauce Cal:654 Carb:68 Na:745	<b>12</b> Ham & Swiss Broccoli Salad Potato Salad Whole Wheat Bread Fresh Fruit Cal:780 Carb:77 Na:963	<b>13</b> Chef Salad w/Ham & Turkey Tossed Salad w/French Oatnut Bread Mixed Fruit Cal:614 Carb:59 Na:1189	<b>14</b> Deviled Egg Salad Lettuce/Tomato Barley Raisin Salad Italian Bread Diet Cookies Cal:818 Carb:89 Na:900
<b>17</b> Tarragon Tuna Salad Tomato Onion Salad Citrus Carrot Salad Whole Wheat Bread Fresh Fruit Cal:613 Carb:59 Na:704	<b>18</b> Ham Salad Tossed Salad w/Italian English Pea Salad 12 Grain Bread Chilled Pears Cal:521 Carb:72 Na:1184	<b>19</b> Southwest Chx Salad Lettuce, Tomato, Cheese Zesty Corn Salad Tortilla Chips/ Ranch Dressing Diet Cookies Cal:753 Carb:91 Na:1156	<b>20</b> Turkey & Cheddar Tossed Salad w/French Butternut Squash Salad Club Roll Mandarin Oranges Cal:639 Carb:68 Na:991	<b>21</b> Mediterranean Pasta Salad Chickpea Tomato Salad Marinated Cucumber Salad Whole Wheat Pita Diet Jello w/Topping Cal:783 Carb:83 Na:874
<b>24</b> Traditional Egg Salad Three Bean Salad Broccoli Slaw Multigrain Bread Mixed Fruit Cal:1003 Carb:81 Na:952	<b>25 HIGH SODIUM DAY</b> Hawaiian Chicken Salad Ginger Lime Coleslaw Macaroni Salad White Roll Diet Pudding w/Topping Cal:896 Carb:85 Na:1421	<b>26</b> Turkey & Provolone Cheese Lettuce/Tomato Potato Salad Whole Wheat pita Fresh Fruit Cal:579 Carb:68 Na:833	<b>27</b> Roast Beef & Swiss Coleslaw Celery Salad Rye Bread Applesauce Cal:555 Carb:51 Na:894	<b>28</b> Cape Cod Tuna Salad Citrus Carrot Salad Pickled Beets 12 Grain Bread Diet Cookie Cal:592 Carb:79 Na:879
<b>31</b> Seafood Salad Marinated Corn Salad Beet Salad Whole Wheat Bread Fresh Fruit Cal:515 Carb:83 Na:1084	Key: Cal= Calories of Meal Carb= Carbohydrates of Meal Na= Sodium of Meal	<b>Suggested voluntary donation                      \$3.00 per meal.</b>  <b>Menu subject to change                      Without notice.</b>	<b>If you have a special concern                      regarding the sodium,                      contact the Dietitian.                      Call GSSSI 781-8806 X 136                      for more information.</b>	<b>Total Sodium &amp; Calories                      include regular dessert,                      milk (100mg Na)                      &amp;margarine(15mg Na).</b>