

MARCH 2025

Greater Springfield Senior Services, Inc.

HDM Menu UPDATED 01/23/2025

For Reservations or Cancellations, call by 11:30am the day before at 413-781-2135 Email: GSSSI.Nutrition@gsssi.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hamburger w/Chz(540) Ketchup(82) Onions & Mushrooms(96) Roasted Red Potatoes(28) Wheat Burger Bun(330) Mandarin Oranges(6) Cal:728 Carb:87 Na:1105	4 Chicken Pot Pie(269) Collard Greens(135) Biscuit Topping(170) Pear Crisp(98) Cal:608 Carb:65 Na:676	5 Ginger Garlic Shrimp(242) Steamed Broccoli(9) White Rice(4) Whole Wheat Bread(150) Reg(53)/Diet Pudding(35) w/Topping(12) Cal:541 Carb:86 Na:757	6 Turkey w/ Gravy*(549) Steamed Peas(58) Butternut Squash(26) Cornbread Muffin(179) Fresh Fruit(1) Cal:754 Carb:102 Na:990	7 Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Reg(60)/Diet Cookies(60) Cal:624 Carb:97 Na:946
10 Ham w/Pineapple Sauce*(545) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Fresh Fruit(2) Cal:580 Carb:99 Na:804	11 Beef Stew(98) With Carrots and Peas Mashed Potatoes(43) Wheat Bread(150) Reg(53)/Diet Jello(35)w/Topping(12) Cal:617 Carb:60/59 Na:457	12 Chicken Marsala(528) California Blend Veg(17) Penne Noodles(4) Italian Bread(210) Chilled Applesauce(14) Cal:545 Carb:78 Na:951	13 Turkey Taco Plate(347) Tossed Salad w/Ranch(123) Yellow Rice(29) Sour Cream(9) Tortilla Chips(115) Chilled Pineapple(6) Cal:743 Carb:72 Na:889	14 Mac & Cheese (280) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Mixed Fruit(5) Cal:576 Carb:81 Na:799
17 ST.PATRICK'S DAY/HIGH SOD. MEAL Corned Beef*(911) Cabbage & Carrots(110) Red Bliss Potatoes(6) Rye Bread(150) Mustard(55) Pistachio Pudding(110)/Topping(12) Cal:552 Carb:68 Na:1495	18 Chicken Fajitas(491) Fajita Blend Vegetables(3) Yellow Rice(20) Sour Cream(9) Wheat Tortilla(170) Fresh Fruit(1) Cal:505 Carb:60 Na:896	19 BBQ Pulled Pork(365) Broccoli Slaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(160) Reg(147)/Diet Cookies(95) Cal:744 Carb:72/69 Na:952	20 Spaghetti & Meatballs(254) Tossed Salad w/Ranch(121) Garlic Bread(210) Mixed Fruit(5) Cal:628 Carb:74 Na:732	21 Butter Crumb Fish(296) Steamed Peas(58) Rice Pilaf(11) Whole Wheat Bread(150) Mandarin Oranges(7) Tartar(130) Cal:553 Carb:66 Na:645
24 American Chop Suey(211) Roman Blend Veg(13) Wheat Roll(210) Rice Krispie Treat(88) Cal:685 Carb:94 Na:662	25 Braised Pork w/Apple Gravy(298) Steamed Peas(58) Herb Roasted Potatoes(46) Whole Wheat Bread(150) Fresh Fruit(2) Cal:826 Carb:103 Na:736	26 Jamaican Jerk Chicken(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:805 Carb:95 Na:1090	27 MLB OPENING DAY/HIGH SODIUM Hot Dog w/Bun*(750) Potato Salad(214) Baked Beans(140) Reg(53)/Diet Jello(35)w/Topping(12) Cal:857 Carb:83 Na:1491	28 Fish Chowder(421) Green Beans(5) Oyster Crackers(140) Applesauce(14) Cal:524 Carb:66 Na:712
31 BIRTHDAY MEAL Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Reg(240)/Diet Cupcake(166) Cal:734 Carb:92 Na:958	Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	Suggested voluntary donation \$3/meal Menu subject to change without notice.	Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).	If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.