

April 2026

Greater Springfield Senior Services, Inc.

Cold Supper Menu 04/23/2026

For Reservations or Cancellations call the day before by 11:30 a.m. the day before at 413-781-2135 or Toll free 800-649-3641 Email: GSSSI.Nutrition@gsssi.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8806 X 1136 for more information. Menu subject to change without notice</p>	<p>Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine(15mg Na). Suggested voluntary donation \$3.00 per meal.</p>	<p>1 Ham Salad Coleslaw English Pea Salad 12 Grain Bread Chilled Pears Cal:594 Carb:77 Na:1197</p>	<p>2 Turkey & Cheddar Tossed Salad w/French Butternut Squash Salad Club Roll Applesauce Cal:703 Carb:67 Na:1164</p>	<p>3 Mediterranean Pasta Salad Chickpea Tomato Salad Marinated Cucumber Salad Whole Wheat Pita Fresh Fruit Cal:816 Carb:101 Na:828</p>
<p>6 Dilly Egg Salad Three Bean Salad Potato Salad Multigrain Bread Mixed Fruit Cal:1054 Carb:86 Na:1176</p>	<p>7 Cape Cod Tuna Salad Lettuce/Tomato Pickled Beets 12 Grain Bread Diet Cookie Cal:567 Carb:72 Na:862</p>	<p>8 Roast Beef & Muenster Coleslaw Potato Salad Rye Bread Diet Cookie Cal:730 Carb:63 Na:1139</p>	<p>9 Turkey & Swiss Lettuce/Tomato English Pea Salad Oatmeal Bread Applesauce Cal:634 Carb:53 Na:896</p>	<p>10 Hawaiian Chicken Salad Ginger Lime Coleslaw Macaroni Salad Whole Wheat Bread Diet Jello w/Topping Cal:748 Carb:62 Na:1136</p>
<p>13 Seafood Salad Marinated Corn Salad Beet Onion Salad Whole Wheat Bread Fresh Fruit Cal:595 Carb:100 Na:1059</p>	<p>14 Grilled Chicken Caesar Salad Over Tossed Salad Tomato Onion Salad Whole Wheat Bread Diet Cookie Cal:581 Carb:50 Na:1035</p>	<p>15 Turkey & Cheddar Potato Salad Butternut Squash Salad Club Roll Applesauce Cal:703 Carb:67 Na:1164</p>	<p>16 Chef Salad w/Ham & Salami Tossed Salad w/Ranch Oatnut Bread Diet Jello w/Topping Cal:610 Carb:45 Na:1230</p>	<p>17 Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Mandarin Oranges Cal:513 Carb:57 Na:786</p>
<p>20 HOLIDAY- NO MEALS</p>	<p>21 Roast Beef & Swiss Coleslaw Carrot Raisin Salad Italian Bread Applesauce Cal:717 Carb:64 Na:1002</p>	<p>22 Turkey BLT sandwich Lettuce/tomato/mayo Potato Salad Wheat Roll Mayo Packet Diet Cookie Cal:542 Carb:62 Na:1080</p>	<p>23 Cottage Cheese Lettuce/Tomato Three Bean Salad Wheat Roll Diet Jello w/Topping Cal:747 Carb:79 Na:1044</p>	<p>24 Tuna Macaroni Salad Tomato Onion Salad Multigrain Bread Chilled Peaches Cal:729 Carb:76 Na:676</p>
<p>27 Turkey Salad Broccoli Slaw Macaroni Salad Oatmeal Bread Chilled Pineapple Cal:970 Carb:88 Na:1026</p>	<p>28 Salami & Provolone Tossed Salad w/Italian Potato Salad Whole Wheat Bread Applesauce Cal:568 Carb:55 Na:1180</p>	<p>29 Lemon Dill Orzo Pasta Celery Salad Chickpea Tomato Salad Whole Wheat Bread Fresh Fruit Cal:740 Carb:86 Na:735</p>	<p>30 Tuna Salad Lettuce/Tomato Bowtie Pasta Salad Oatnut Bread Mixed Fruit Cal:825 Carb:79 Na:810</p>	