

June 2026 Greater Springfield Senior Services, Inc.

Cold Supper Menu Updated 03/26/2026

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 Dilly Egg Salad Three Bean Salad Potato Salad Multigrain Bread Mixed Fruit	2 Roast Beef & Swiss Coleslaw Celery Salad Rye Bread Diet Cookie	3 Cape Cod Tuna Salad Lettuce/Tomato Pickled Beets 12 Grain Bread Fresh Fruit	4 Turkey & Muenster Lettuce/Tomato English Pea Salad Oatmeal Bread Applesauce	5 Hawaiian Chicken Salad Ginger Lime Coleslaw Macaroni Salad Whole Wheat Bread Diet Jello w/Topping
Cal:1054 Carb:86 Na:1176	Cal:730 Carb:63 Na:1139	Cal:567 Carb:72 Na:862	Cal:634 Carb:53 Na:896	Cal:748 Carb:62 Na:1136
8 Seafood Salad Marinated Corn Salad Beet Onion Salad Whole Wheat Bread Fresh Fruit	9 Grilled Chicken Salad Over Tossed Salad Tomato Onion Salad Whole Wheat Bread Diet Cookie Ranch Dressing	10 Turkey & Cheddar Potato Salad Butternut Squash Salad Club Roll Applesauce	11 HIGH SODIUM DAY Chef Salad w/Ham & Salami Tossed Salad w/Italian Oatnut Bread Diet Jello w/Topping	12 Spinach Salad With Feta, Mushrooms, Egg French Dressing Whole Wheat Bread Mandarin Oranges
Cal:595 Carb:100 Na:1059	Cal:581 Carb:50 Na:1035	Cal:703 Carb:67 Na:1164	Cal:610 Carb:45 Na:1230	Cal:513 Carb:57 Na:786
15 Cape Cod Chx Salad Celery Salad Balsamic Pasta Salad Whole Wheat Bread Fresh Fruit	16 Roast Beef & Muenster Coleslaw Potato Salad Rye Bread Diet Cookie	17 Tuna Macaroni Salad Tomato Onion Salad Italian Bread Chilled Peaches	18 Cottage Cheese Carrot Raisin Salad Three Bean Salad Wheat Roll Mandarin Oranges	19 HOLIDAY- NO MEALS
Cal:689 Carb:87 Na:506	Cal:730 Carb:63 Na:1139	Cal:729 Carb:76 Na:676	Cal:747 Carb:79 Na:1044	
22 Turkey Salad Broccoli Slaw Macaroni Salad Oatmeal Bread Chilled Pineapple	23 Salami & Provolone Tossed Salad w/Italian Potato Salad Whole Wheat Bread Applesauce	24 Lemon Dill Orzo Pasta Celery Salad Chickpea Tomato Salad Whole Wheat Bread Fresh Fruit	25 Cobb Salad w/ Lettuce Blend & Tomatoes Ranch Dressing 12 Grain Bread Diet Cookie	26 Tuna Salad Lettuce/Tomato Bowtie Pasta Salad Oatnut Bread Mixed Fruit
Cal:970 Carb:88 Na:1026	Cal:568 Carb:55 Na:1180	Cal:740 Carb:86 Na:735	Cal:517 Carb:64 Na:575	Cal:825 Carb:79 Na:810
29 Salmon Salad White Bean Cucumber Salad Bowtie Pasta Salad ½ Whole Wheat Pita Diet Cookies	30 Ham & Cheddar Broccoli Slaw Celery Salad Whole Wheat Bread Fresh Fruit		Suggested voluntary donation \$3.00 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.
Cal:970 Carb:86 Na:827	Cal:627 Carb:66 Na:952			