

July 2023

Greater Springfield Senior Services, Inc.

CARDIAC/DIABETIC MENU UPDATED 06/06/2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 American Chop Suey Cal: 370 Brussels Sprouts Fat:11 LS Wheat Bread Na:370 Chilled Apples Chol:48 Carb:45		4 Potato Pollock Filet Cal:351 Coleslaw Fat:16 Steamed Corn Na:453 LS Wheat Bread Chol:37 Fresh Fruit Carb:43 Tartar Sauce		5 COLD PLATE Egg Salad Cal: 657 Three Bean Salad Fat:50 Broccoli Slaw Na:579 LS Wheat Bread Chol:331 Raisins Carb:34		6 Jamaican Jerk Chicken Cal: 481 Spinach Fat:23 Coconut Rice Na:400 LS Wheat Bread Chol:65 Diet Cookie Carb:39		7 Meatloaf w/ Cal: 434 Mushroom Gravy Fat:22 Stewed Zucchini Na:369 Egg Noodles Chol:134 LS Wheat Bread Carb:39 Diet Jello w/Topping	
10 Mac & Chz Cal:418 California Blend Veg Fat:15 LS Wheat Bread Na:351 Diet Jello w/Topping Chol:33 Carb:53		11 Mediterranean Turkey Cal: 443 Cucumber Salad Fat:13 Couscous Na:440 LS Wheat Bread Chol:33 Warmed Applesauce Carb:53		12 BBQ Pulled Pork Cal:437 Celery Salad Fat:22 White Rice Na:384 LS Wheat Bread Chol:68 Fresh Fruit Carb:28		13 Potato Pollock Filet Cal: 351 Coleslaw Fat:16 Steamed Corn Na:453 LS Wheat Bread Chol:37 Chilled Pineapple Carb:43 Tartar Sauce		14 Rosé Chicken Cal: 324 Parslied Carrots Fat:7 Penne Pasta Na:630 LS Wheat Bread Chol:41 Mandarin Oranges Carb:42	
17 FATHER'S DAY MEAL Beef Stroganoff Cal:299 Roman Blend Veg Fat:13 Egg Noodles Na:188 LS Wheat Bread Chol:45 Rice Krispie Treat Carb:35		18 COLD PLATE Turkey & Swiss Cal:380 Carrot Citrus Salad Fat:18 English Pea Salad Na:551 LS Wheat Bread Chol:59 Fresh Fruit Carb:40		19 Cal:480 HOLIDAY- NO MEALS Fat:23 Na:370 Chol:102 Carb:38		20 BBQ Chicken Cal: 490 Green Beans Fat:22 Macaroni Salad Na:327 LS Wheat Bread Chol:65 Diet Jello w/Topping Carb:42		21 Spaghetti w/Meatballs Cal: 517 Tossed Salad w/Ranch Fat:26 LS Wheat Bread Na:452 Mixed Fruit Chol:10 Carb:59	
24 Shepherd's Pie Cal: 548 Steamed Peas Fat:24 LS Wheat Bread Na:520 Spiced Peaches Chol:92 Carb:53		25 Braised Pork Cal: 319 California Blend Veg Fat:13 White Rice Na:434 LS Wheat Bread Chol:50 Chilled Applesauce Carb:30		26 COLD PLATE Tuna Salad Cal:589 Tossed Salad w/Ranch Fat:41 Marinated Cucumber Salad Na:566 LS Wheat Bread Chol:475 Fresh Fruit Carb:20		27 Chicken Pesto Pasta Cal:290 Tomato Onion Salad Fat:13 LS Wheat Bread Na:570 Chilled Pineapple Chol:24 Carb:32		28 BIRTHDAY MEAL Broccoli Cheddar Chx Cal: 396 Herbed Green Beans Fat:17 Rice Pilaf Na:504 LS Wheat Bread Chol:105 Diet Cupcake Carb:38	
		Nutrient analysis does NOT include milk, bread, or dessert.		Suggested voluntary Donation \$2.00 per meal Menu subject to change.		Key: Cal= Calories Fat= gm Fat Na= mg Sodium Chol= mg Cholesterol Carb= gm Carbohydrate		For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 136	