September 2026 Greater Springfield Senior Services, Inc. RENAL MENU 07/28/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cape Cod Chicken Salad Cal:529 Pickled Beets Pro:23 Lettuce/Tomato Na:465 LS Wheat Bread K+:545 Diet Cookies Phos:140	**2** Beef Taco Bowl Cal:609 Tossed Salad w/Ranch Pro:34 Yellow Rice Na:658 Tortilla Chips K+:926 Fresh Fruit Phos:388	**3** Cheese Lasagna w/Sauce Cal:548 Steamed Zucchini Pro:20 LS Wheat Bread Na:474 Chilled Peaches K+:908 Phos:214	**4** Chicken & Dumplings Cal:531 Green Beans Pro:39 LS Wheat Bread Na:704 Applesauce K+:781 Phos:249
7 **HOLIDAY- NO MEALS**	**8** Cheese Omelet Cal: 536 Turkey Bacon Pro:24 Spiced Apples Na:702 LS Wheat Bread K+:599 Fresh Fruit Phos:20+	**9** Turkey Hot Dog Cal:503 Steamed Corn Pro:16 Sautéed Cabbage Na:355 LS Wheat Bread K+:1112 Applesauce Phos:41+	**10** Chicken Scampi Cal:796 California Blend Veg Pro:41 Rice Pilaf Na:432 LS Wheat Bread K+:1088 Chilled Pineapple Phos:430	**11** Spaghetti and Meatballs Cal:511 Steamed Broccoli Pro:24 LS Wheat Bread Na:723 Diet Cupcake K+:336 Phos:89+
14 Chicken Teriyaki Cal:680 Green Beans Pro:35 Lo Mein Noodles Na:608 LS Wheat Bread K+:954 Mandarin Oranges Phos:286	**15** Chicken Piccata Cal:542 Dill Carrots Pro:28 Rice Pilaf Na:774 LS Wheat Bread K+:658 Chilled Pineapple Phos:61+	**16** LS Ham & Swiss Cal:640 Carrot Raisin Salad Pro:27 English Pea Salad Na:665 LS Wheat Bread K+:954 Applesauce Phos:305	**17** Beef & Bean Chili Cal:561 Steamed Broccoli Pro:32 White Rice Na:473 LS Wheat Bread K+:1096 Diet Jello w/Whip Phos:321	**18** Cheeseburger Cal:672 Onions & Mushrooms Pro:35 Sweet Potato Wedges Na:536 LS Wheat Bread K+:836 Fresh Fruit Phos:216
21 Chicken Pot Pie Cal:530 Green Beans Pro:32 Biscuit Topping Na:596 Fresh Fruit K+:813 Phos:306	**22** Potato Pollock Cal:580 Coleslaw Pro:20 Steamed Corn Na:621 LS Wheat Bread K+:864 Applesauce Phos:116 Tartar Sauce	**23** Ravioli w/ Roasted Red Pepper Sauce Cal:500 Steamed Broccoli Pro:18 LS Wheat Bread Na:392 Diet Cookies K+:750 Phos:550	**24** BBQ Chicken Cal:585 Coleslaw Pro:35 White Rice Na:378 LS Wheat Bread K+:646 Diet Cookie Phos:271	**25** Meatloaf w/Gravy Cal:750 Parslied Carrots Pro:28 Egg Noodles Na:482 LS Wheat Bread K+:696 Blueberry Crisp Phos:388
28 BBQ Pulled Pork Cal:628 Green Beans Pro:30 Rice & Beans Na:561 LS Wheat Bread K+:1070 Diet Cookie Phos:274	**29** Shepherd's Pie Cal:693 Steamed Peas Pro:35 LS Wheat Bread Na:393 Peach Crisp K+:616 Phos:276	**30** Butter Chicken Cal:630 Steamed Spinach Pro:32 Coconut Rice Na:541 LS Wheat Bread K+:1063 Mandarin Oranges Phos:410	Nutrient analysis Includes juice, bread, And margarine. **Suggested voluntary** **Donation $3.00 per meal** **Menu subject to change.**	**Key:** Cal= Calories Pro= gm Protein Na= mg Sodium K+= mg Potassium Phos= gm Phosphorous