

May 2026		Greater Springfield Senior Services, Inc.		RENAL MENU		02/19/2026			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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						1 Beef Stew Cal:645 White Rice Pro:33 LS Wheat Bread Na:190 Fresh Fruit K+:602 Phos:188	
4 Jamaican Jerk Chicken Cal:680 Steamed Spinach Pro:37 Coconut Rice Na:460 LS Wheat Bread K+:808 Fresh Fruit Phos:286		5 American Chop Suey Cal:589 Steamed Broccoli Pro:30 LS Wheat Bread Na:192 Chilled Pineapple K+:607 Phos:239		6 COLD PLATE Egg Salad over Cal:736 Tossed Salad w/Ranch Pro:23 LS Macaroni Salad Na:576 LS Wheat Bread K+:498 Diet Jello w/Whip Phos:245		7 Potato Pollock Filet Cal:571 Coleslaw Pro:19 Steamed Corn Na:585 LS Wheat Bread K+:847 Applesauce Phos:111		8 MOTHER'S DAY MEAL Lemon Chicken Cal:799 Steamed Asparagus Pro:35 Egg Noodles Na:402 LS Wheat Bread K+:499 Pound Cake Phos:253	
11 Chicken Pesto Pasta Cal:580 Steamed Broccoli Pro:31 LS Wheat Bread Na:375 Chilled Peaches K+:759 Phos:154		12 COLD PLATE Cape Cod Tuna Salad Cal:523 Pickled Beets Pro:18 Celery Salad Na:574 LS Wheat Bread K+:814 Mandarin Oranges Phos:67		13 Broccoli Cheddar Chx Cal:719 Parslied Carrots Pro:29 Rice Pilaf Na:730 LS Wheat Bread K+:797 Diet Cupcake Phos:207		14 Meatloaf w/Gravy Cal:590 Brussels Sprouts Pro:25 Mashed Butternut Na:452 LS Wheat Bread K+:914 Diet Jello w/Whip Phos:334		15 BBQ Pulled Pork Cal:695 Coleslaw Pro:27 Rice & Beans Na:623 LS Wheat Bread K+:740 Fresh Fruit Phos:200	
18 COLD PLATE Classic Chicken Salad Cal:595 Broccoli Slaw Pro:19 Barley Raisin Salad Na:323 LS Wheat Bread K+:810 Mixed Fruit Phos:162		19 Butter Crumb Fish Cal:535 Green Beans Pro:23 Baked Sweet Potato Na:509 LS Wheat Bread K+:889 Fresh Fruit Phos:100 Tartar Sauce		20 Spaghetti w/Meatballs Cal:631 Tossed Salad w/Italian Pro:26 Green Beans Na:559 LS Wheat Bread K+:859 Diet Jello w/Whip Phos:258		21 Pot Roast w/Gravy Cal:735 Brussels Sprouts Pro:40 Egg Noodles Na:276 LS Wheat Bread K+:626 Diet Cookie Phos:301		22 Mediterranean Turkey Cal:557 Cucumber Salad Pro:24 Couscous Na:571 LS Wheat Bread K+:807 Apple Crisp Phos:180	
25 HOLIDAY- NO MEALS		26 Balsamic Chicken Cal:608 Brussels Sprouts Pro:35 Rice Pilaf Na:377 LS Wheat Bread K+:1045 Chilled Peaches Phos:239		27 Salmon w/Dill Sauce Cal:541 Steamed Broccoli Pro:33 Couscous Na:285 LS Wheat Bread K+:850 Diet Cookie Phos:345		28 Turkey Taco Bowl Cal:552 Tossed Salad w/Ranch Pro:31 Yellow Rice Na:655 Tortilla Chips K+:910 Fresh Fruit Phos:320		29 Turkey w/Gravy Cal:584 Green Beans Pro:28 Mashed Butternut Na:630 LS Wheat Bread K+:1066 Applesauce Phos:321	