

OCTOBER 2023										Greater Springfield Senior Services, Inc.					RENAL MENU UPDATED 08/30/2023				
For Reservations or Cancellations call by 11:30 a.m. the day before at 781-2135 or Toll free 800-649-3641 Email: GSSSI.Nutrition@gsssi.org																			
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY							
<b>2</b> Chicken w/Dijon Sauce Cal:529 Steamed Broccoli Pro:37 Rice Pilaf Na:254 LS Wheat Bread K+:636 Fresh Fruit Phos:289			<b>3</b> Swedish Meatballs Cal: 696 Parslied Carrots Pro: 31 Over Egg Noodles Na:589 LS Wheat Bread K+:406 Diet Cookies Phos:127			<b>4</b> Turkey Taco Plate Cal:676 Zesty Corn Salad Pro:35 Yellow Rice Sour Cream Na:654 Tortilla Chips K+:725 Chilled Pineapple Phos:317			<b>5</b> Honey Ginger Shrimp Cal:502 Oriental Blend Veg Pro:21 White Rice Na:572 LS Wheat Bread K+:395 Mandarin Oranges Phos:70			<b>6</b> Chicken Parmesan Cal:586 Tossed Salad w/Italian Pro:33 Parslied Penne Na:575 LS Wheat Bread K+:902 Sugar Free Jello w/Topping Phos:252							
<b>9</b> HOLIDAY- NO MEALS			<b>10</b> Roasted Red Pepper Pasta Cal:750 With chicken Pro:39 Steamed Broccoli Na:398 LS Wheat Bread K+:695 Mixed Fruit Phos:299			<b>11 BIRTHDAY MEAL</b> Roast Turkey w/Gravy Cal:569 Green Beans Pro:22 Whipped Sweet Potatoes Na:706 Cranberry Stuffing K+:596 Diet Cake Phos: 64			<b>12</b> LS Turkey Dog Cal:747 Sautéed Cabbage Pro:21 Macaroni Salad Na:528 LS Wheat Bread K+:976 Fresh Fruit Phos:153			<b>13</b> "Lazy" Stuffed Cabbage Cal: 585 Peas & Onions Pro: 33 LS Wheat Bread Na: 323 Sugar Free Jello w/Topping K+: 789 Phos:274							
<b>16</b> Sausage Patty w/SF Syrup Cal: 531 Scrambled Eggs Pro:28 Spiced Apples Na:657 LS Wheat Bread K+:688 Fresh Fruit Phos:147			<b>17</b> Turkey Burger w/Swiss Cal: 625 Onions & Mushrooms Pro:36 Steamed Corn Na:623 LS Wheat Bread K+:652 Mandarin Oranges Phos:216 Ketchup Pkt			<b>18</b> Pork & Gravy Cal:620 Steamed Spinach Pro:36 White Rice Na:423 LS Wheat Bread K+:507 Diet Cookies Phos:261			<b>19</b> Shrimp Scampi Cal:614 Steamed Broccoli Pro:31 Spaghetti Noodles Na:675 LS Wheat Bread K+:364 SF Jello w/Topping Phos:110			<b>20</b> Chicken Pot Pie Cal:539 Steamed Green Beans Pro:33 Biscuit Topping Na:584 Pear Crisp K+:345 Phos87							
<b>23</b> Mediterranean Chicken Cal:712 California Blend Veg Pro:38 Penne Noodles Na:174 LS Wheat Bread K+:595 Mandarin Oranges Phos:314			<b>24</b> LS Ham w/Pineapple Cal:554 Herbed Green Beans Pro:24 White Rice Na:583 LS Wheat Bread K+:671 Diet Cookies Phos:69			<b>25</b> Butter Crumb Fish Cal:536 Coleslaw Pro:27 Steamed Corn Na:596 LS Wheat Bread K+:687 Fresh Fruit Phos:352			<b>26</b> Honey Ginger Meatballs Cal:617 Oriental Blend Veg Pro:23 White Rice Na:467 LS Wheat Bread K+:657 Diet Cookies Phos:69			<b>27</b> Shepherd's Pie Cal:578 Steamed Peas Pro:33 LS Wheat Bread Na: 235 Spiced Peaches K+: 705 Phos:185							
<b>30</b> Mac & Chz Cal: 521 Brussels Sprouts Pro:22 LS Wheat Bread Na: 471 Diet Cookies K+: 517 Phos:307			<b>31 HALLOWEEN MEAL</b> Beef Stew Cal:669 White Rice Pro:37 LS Wheat Bread Na:290 Diet Jello w/Topping K+:677 Phos:153			For more Information about menu nutrients call GSSSI Dietitian at 413-781-8806 x1136			<b>Key:</b> Cal= Calories Pro= gm Protein Na= mg Sodium K+= mg Potassium Phos= mg Phosphorous			Total nutrient analysis includes juice (20mg Na), margarine (15mg Na), and all listed meal components.							