

December 2023

Greater Springfield Senior Services, Inc.

CARDIAC/DIABETIC MENU Updated 10/30/2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>Suggested voluntary \$2.00 per meal.</p> <p>Menu subject to change With out notice.</p>		<p>For more information about menu nutrients, call GSSSI Registered Dietitian at 413-781-8806 X 1136</p>		<p>Key: Cal= Calories Fat= gm Fat Na= mg Sodium Chol = mg Cholesterol Carb= gm Carbohydrates</p>		<p>Nutrient analysis Excludes milk, bread, dessert , and margarine. For more Information call GSSSI Dietitian at 413-781-8806 X 1136</p>		<p>1 Penne & Meatballs Cal:547 Tossed Salad w/Italian Fat:36 LS Wheat Bread Na:594 Fresh Fruit Chol:82 Carb:35</p>	
<p>4 LS Turkey Dog Cal:540 Sautéed Cabbage Fat:29 Macaroni Salad Na:461 LS Wheat Bread Chol:63 Fresh Fruit Carb:53</p>		<p>5 “Lazy” Stuffed Cabbage Cal:333 Peas & Onions Fat:14 LS Wheat Bread Na:177 Sugar Free Jello w/Topping Chol:73 Carb:25</p>		<p>6 Pork & Gravy Cal:406 Steamed Spinach Fat:18 White Rice Na:273 LS Wheat Bread Chol:77 Chilled Applesauce Carb:28</p>		<p>7 Sundried Tomato Pasta Cal:406 With chicken Fat:17 Steamed Broccoli Na:328 LS Wheat Bread Chol:66 Mixed Fruit Carb:35</p>		<p>8 Honey Ginger Meatballs Cal:373 Oriental Blend Veg Fat:18 White Rice Na:237 LS Wheat Bread Chol:41 Diet Cookies Carb:37</p>	
<p>11 Turkey Bacon Cal:267 Scrambled Eggs Fat:15 Spiced Apples Na:407 LS Wheat Bread Chol:32 Fresh Fruit Carb:15</p>		<p>12 Chicken Pot Pie Cal:316 California Blend Veg Fat:11 Biscuit Topping Na:470 Peach Crisp Chol:69 Carb:24</p>		<p>13 Turkey Burger w/Swiss Cal:423 Onions & Mushrooms Fat:22 Steamed Corn Na:455 LS Wheat Bread Chol:110 Mandarin Oranges Carb:31</p>		<p>14 BIRTHDAY MEAL Broccoli Cheddar Chicken Cal:327 Steamed Cauliflower Fat:15 Rice Pilaf Na:469 LS Wheat Bread Chol:50 Diet Cupcake Carb:28</p>		<p>15 Shrimp Scampi Cal:436 Brussels Sprouts Fat:16 Spaghetti Noodles Na:551 LS Wheat Bread Chol:110 SF Jello w/Topping Carb:43</p>	
<p>18 Chicken w/Country Gravy Cal:432 Asparagus Spears Fat:21 Parslied Penne Na:461 LS Wheat Bread Chol:87 Mandarin Oranges Carb:29</p>		<p>19 LS Ham w/Pineapple Cal:309 Herbed Green Beans Fat:5 White Rice Na:432 LS Wheat Bread Chol:46 Fresh Fruit Carb:48</p>		<p>20 Lemon Chicken Cal:401 Parslied Carrots Fat:17 Rice Pilaf Na:384 LS Wheat Bread Chol:64 Chilled Pineapple Carb:29</p>		<p>21 Beef Stroganoff Cal:564 Steamed Broccoli Fat:30 Egg Noodles Na:303 LS Wheat Bread Chol:140 Diet Jello w/Topping Carb:37</p>		<p>22 WINTER HOLIDAY MEAL Roast Turkey w/Gravy Cal:321 Wax Beans Fat:7 Whipped Sweet Potatoes Na:497 Cranberry Stuffing Chol:30 Diet Red Velvet Cake Carb:40</p>	
<p>25 HOLIDAY - NO MEALS</p>		<p>26 Mac & Chz Cal:293 Broccoli Fat:14 LS Wheat Bread Na:293 Diet Cookies Chol:33 Carb:27</p>		<p>27 BBQ Pulled Pork Cal:401 Steamed Spinach Fat:17 White Rice Na:384 LS Wheat Bread Chol:64 Diet Cookies Carb:29</p>		<p>28 Potato Pollock Filet Cal:375 Tossed Salad w/Ranch Fat:22 Steamed Corn Na:589 LS Wheat Bread Tartar pkt Chol:43 Chilled Peaches Carb:30</p>		<p>29 Chicken Fajitas Cal:227 Onions & Peppers Fat:10 Yellow Rice Na:215 Flour Tortilla Chol:74 Fresh Fruit Sour Cream Carb:13</p>	