

September 2023		Greater Springfield Senior Services, Inc.		CARDIAC/DIABETIC MENU Updated 07/31/2023					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>Suggested voluntary \$2.00 per meal.</p> <p>Menu subject to change Without notice.</p>		<p>For more information about menu nutrients, call GSSSI Registered Dietitian 413-781-8800 X 1136</p>		<p>Key: Cal= Calories Fat= gm Fat Na= mg Sodium Chol= mg Cholesterol Carb= gm Carbohydrate</p>		<p>Nutrient analysis does NOT include milk, bread, or dessert.</p>		<p>1 Butter Crumb Fish Cal: 339 Green Beans Fat:12 Lemon Rice Tartar Sauce Na:416 LS Wheat Bread Chol:50 Chilled Pineapple Carb:35</p>	
<p>4</p> <p>HOLIDAY- NO MEALS</p>		<p>5</p> <p>Mac & Chz Cal:304 Brussels Sprouts Fat:14 LS Wheat Bread Na:296 Diet Cookie Chol:33 Carb:29</p>		<p>6</p> <p>Shepherd's Pie Cal: 382 Steamed Peas Fat:28 Mashed Potato Topping Na:208 LS Wheat Bread Chol:720 Chilled Pears Carb:213</p>		<p>7 Big E Style Loaded Baked Potato</p> <p>Baked Potato Cal: 456 Broccoli & Cheddar Fat:22 Bacon Bits & Sour Cream Na:466 LS Wheat Bread Chol:57 Diet Fudge Cookie Carb:47</p>		<p>8</p> <p>Rosé Chicken Cal: 438 California Blend Veg Fat:59 Penne Pasta Na:550 LS Wheat Bread Chol:40 Fresh Fruit Carb:59</p>	
<p>11</p> <p>American Chop Suey Cal:368 Roman Blend Veg Fat:11 LS Wheat Bread Na:224 Rice Krispie Treat Chol:48 Carb:44</p>		<p>12 GRANDPARENT'S DAY</p> <p>LS Ham w/Pineapple Cal: 340 Green Beans Fat:6 White Rice Na:435 LS Wheat Bread Chol:46 Diet Cookie Carb:54</p>		<p>13</p> <p>NO MEAL SERVICE</p>		<p>14</p> <p>Chicken Divan Cal:480 Steamed Broccoli Fat:23 Egg Noodles Na:370 LS Wheat Bread Chol:102 Spiced Peaches Carb:38</p>		<p>15</p> <p>Jamaican Jerk Chicken Cal:481 Steamed Spinach Fat:23 Coconut Rice Na:397 LS Wheat Bread Chol:65 Fresh Fruit Carb:39</p>	
<p>18 COLD PLATE</p> <p>Tarragon Tuna Salad Cal:589 Tossed Salad w/Ranch Fat:41 Citrus Carrot Salad Na:566 LS Wheat Bread Chol:475 Chilled Pears Carb:20</p>		<p>19</p> <p>Broccoli Cheddar Chx Cal: 319 Herbed Green Beans Fat:13 ½ Baked Sweet Potato Na:434 LS Wheat Bread Chol:50 Diet Cookie Carb:30</p>		<p>20 BIG E STYLE PULLED PORK</p> <p>BBQ Pulled Pork Cal:693 Coleslaw Pro:27 White Rice Na:675 LS Wheat Bread K+:619 Fresh Fruit Phos:</p>		<p>21</p> <p>Meatloaf w/Gravy Cal: 396 Steamed Peas Fat:17 Mashed Potatoes Na:504 LS Wheat Bread Chol:105 Diet Cookie Carb:38</p>		<p>22</p> <p>Broccoli Pasta Alfredo Cal:290 Steamed Spinach Fat:13 LS Wheat Bread Na:570 Chilled Peaches Chol:24 Carb:32</p>	
<p>25</p> <p>Roasted Red Pepper Ravioli Cal:527 Italian Blend Veg Fat:33 LS Wheat Bread Na:535 Diet Cookie Chol:121 Carb:42</p>		<p>26 COLD PLATE</p> <p>Cape Cod Chicken Salad Cal: 422 Coleslaw Fat:19 Sunchips Na:398 LS Wheat Bread Chol:67 Mixed Fruit Carb:38</p>		<p>27 BIRTHDAY MEAL</p> <p>Pot Roast w/ Gravy Cal: 353 Green Beans Fat:9 Garlic Mashed Potatoes Na:170 LS Wheat Bread Chol:63 Diet Cake Carb:36</p>		<p>28</p> <p>Chicken Piccata Cal: 397 Broccoli Fat:18 Rice Pilaf Na:89 LS Wheat Bread Chol:66 Chilled Pears Carb:32</p>		<p>29</p> <p>Pasta & Meatballs Cal: 621 Tossed Salad w/Italian Fat:42 LS Wheat Bread Na:605 Fresh Fruit Chol:102 Carb:38</p>	