

September 2023

Greater Springfield Senior Services, Inc.

RENAL MENU Updated 07/31/2023

For Reservations or Cancellations call by 11:30 a.m. the day before at 781-2135 or Toll free 800-649-3641

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>Suggested voluntary \$2.00 per meal.</b></p> <p><b>Menu subject to change With out notice.</b></p>		<p>For more information about menu nutrients, call GSSSI Registered Dietitian at 413-781-8806 X 1136</p>		<p><b>Key:</b> Cal= Calories Pro= gm Protein Na= mg Sodium K+= mg Potassium Phos= mg Phosphorous</p>		<p>Nutrient analysis includes Bread, margarine &amp; juice</p>		<p><b>1</b> Butter Crumb Fish Cal:550 Green Beans Pro:28 Lemon Rice Tartar Sauce Na:502 LS Wheat Bread K+:751 Chilled Pineapple Phos:363</p>	
<p><b>4</b></p> <p>HOLIDAY- NO MEALS</p>		<p><b>5</b></p> <p>Mac &amp; Chz Cal:521 Brussels Sprouts Pro:22 LS Wheat Bread Na: 471 Diet Cookie K+: 517 Phos:307</p>		<p><b>6</b></p> <p>Shepherd’s Pie Cal:578 Steamed Peas Pro:17 Mashed Potato Topping Na:351 LS Wheat Bread K+:618 Chilled Pears Phos:195</p>		<p><b>7 Big E Style Loaded “Mashed Potatoes”</b></p> <p>Mashed Cauliflower Cal:684 Broccoli &amp; Cheddar Pro:25 Bacon Bits &amp; Sour Cream Na:723 LS Wheat Bread K+:498 Diet Fudge Cookie Phos:381</p>		<p><b>8</b></p> <p>Rosé Chicken Cal:659 California Blend Veg Pro:30 Penne Pasta Na:631 LS Wheat Bread K+:901 Fresh Fruit Phos:305</p>	
<p><b>11</b></p> <p>American Chop Suey Cal:616 Roman Blend Veg Pro:30 LS Wheat Bread Na:392 Rice Krispie Treat K+:616 Phos:253</p>		<p><b>12 GRANDPARENT’S DAY</b></p> <p>LS Ham w/Pineapple Cal:554 Green Beans Pro:24 White Rice Na:585 LS Wheat Bread K+:669 Diet Cookie Phos:69</p>		<p><b>13</b></p> <p>NO MEAL SERVICE</p>		<p><b>14</b></p> <p>Chicken Divan Cal:676 Steamed Broccoli Pro:35 Egg Noodles Na:455 LS Wheat Bread K+:549 Spiced Peaches Phos:271</p>		<p><b>15</b></p> <p>Jamaican Jerk Chicken Cal:720 Steamed Spinach Pro:37 Coconut Rice Na:479 LS Wheat Bread K+:885 Fresh Fruit Phos:289</p>	
<p><b>18 COLD PLATE</b></p> <p>Tarragon Tuna Salad over Cal:526 Tossed Salad w/Italian Pro:27 Citrus Carrot Salad Na:630 LS Wheat Bread K+:808 Chilled Pears Phos:67</p>		<p><b>19</b></p> <p>Broccoli Cheddar Chx Cal:614 Herbed Green Beans Pro:23 ½ Baked Sweet Potato Na:599 LS Wheat Bread K+:882 Diet Cookie Phos:61</p>		<p><b>20 BIG E STYLE PULLED PORK</b></p> <p>BBQ Pulled Pork Cal:693 Coleslaw Pro:27 White Rice Na:675 LS Wheat Bread K+:619 Fresh Fruit Phos:211</p>		<p><b>21</b></p> <p>Meatloaf w/Gravy Cal:733 Steamed Peas Pro:31 Egg Noodles Na:653 LS Wheat Bread K+:598 Diet Cookie Phos:370</p>		<p><b>22</b></p> <p>Broccoli Pasta Alfredo Cal:501 Steamed Spinach Pro:20 LS Wheat Bread Na:656 Chilled Peaches K+:626 Phos:132</p>	
<p><b>25</b></p> <p>Roasted Red Pepper Ravioli Cal:742 Italian Blend Veg Pro:20 LS Wheat Bread Na:685 Diet Cookie K+:629 Phos:55</p>		<p><b>26 COLD PLATE</b></p> <p>Cape Cod Chicken Salad Cal:606 Coleslaw Pro:29 Sun Chips Na:468 LS Wheat Bread K+:649 Mixed Fruit Phos:183</p>		<p><b>27 BIRTHDAY MEAL</b></p> <p>Pot Roast w/ Gravy Cal:541 Green Beans Pro:34 White Rice Na:130 LS Wheat Bread K+:653 Diet Cake Phos:239</p>		<p><b>28</b></p> <p>Chicken Piccata Cal: 563 Broccoli Pro: 31 Rice Pilaf Na: 217 LS Wheat Bread K+: 517 Chilled Pears Phos:238</p>		<p><b>29</b></p> <p>Pasta &amp; Meatballs Cal:732 Tossed Salad w/Italian Pro:28 LS Wheat Bread Na:527 Fresh Fruit K+:778 Phos:256</p>	