

October 2024										Greater Springfield Senior Services, Inc.					CARDIAC/DIABETIC MENU					Updated:08/15/2024				
MONDAY			TUESDAY				WEDNESDAY				THURSDAY				FRIDAY									
Meal analysis does NOT Include dessert, milk, Bread, and margarine. Cal= Calories Chol= mg Cholesterol Fat= gm Fat Carb= gm Carbohydrate Na= mg Sodium			1 Shepherd's Pie Cal:399 Steamed Peas Fat:15 LS Wheat Bread Na:273 Spiced Peaches Chol:76 Carb:37				2 Chicken Fajitas Cal:211 Onions & Peppers Fat:6 Yellow Rice Na:364 Flour Tortilla Chol:84 Diet Cookies Carb:12				3 Shrimp Scampi Cal:353 Tossed Salad w/Italian Fat:16 Spaghetti Noodles Na:540 LS Wheat Bread Chol:109 SF Jello w/Topping Carb:27				4 Chicken Broccoli Alfredo Cal: 500 Steamed Spinach Fat:18 LS Wheat Bread Na:633 Chilled Applesauce Chol:68 Carb:50									
7 American Chop Suey Cal:368 Roman Blend Veg Fat:11 LS Wheat Bread Na:224 Rice Krispie Treat Chol:48 Carb:44			8 Tuna Noodle Casserole Cal: 284 Steamed Broccoli Fat:8 LS Wheat Bread Na:478 Apple Crisp Chol:38 Carb:35				9 Jamaican Jerk Chicken Cal: 481 Steamed Spinach Fat:23 Coconut Rice Na:400 LS Wheat Bread Chol:65 Mixed Fruit Carb:39				10 Beef Stroganoff Cal: 332 Brussels Sprouts Fat:15 Egg Noodles Na:247 LS Wheat Bread Chol:50 Diet Cookies Carb:38				11 Roasted Red Pepper Chx Cal: 394 Tossed Salad w/Italian Fat:20 Penne Pasta Na:239 LS Wheat Bread Chol:69 Fresh Fruit Carb:29									
14 HOLIDAY- NO MEALS			15 Braised Pork w/Gravy Cal: 432 Steamed Peas Fat:20 Egg Noodles Na:160 LS Wheat Bread Chol:84 Fresh Fruit Carb:40				16 BIRTHDAY MEAL Broccoli Cheddar Chicken Cal:327 Herbed Cauliflower Fat:15 ½ Sweet Potato Na:469 LS Wheat Bread Chol:50 Diet Cupcake Carb:30				17 Turkey Chili Cal: 400 Asparagus Spears Fat:12 White Rice Na:351 LS Wheat Bread Chol:85 Chilled Pineapple Carb:45				18 Butter Crumb Fish Cal: 396 Parslied Carrots Fat:20 Lemon Rice Na:454 LS Wheat Bread Chol:55 Diet Cookies Carb:34									
21 Ravioli w/Chicken & Cal: 426 Roasted Red Pepper Sauce Fat:20 Italian Blend Veg Na:389 LS Wheat Bread Chol:105 Diet Cookies Carb:31			22 Chicken & Dumplings Cal: 379 Tossed Salad w/Italian Fat:8 Butternut Squash Na:561 LS Wheat Bread Chol:65 Chilled Applesauce Carb:50				23 Mandarin Orange Turkey Cal: 342 Pacific Blend Vegetables Fat:7 White Rice Na:549 LS Wheat Bread Chol:50 Mixed Fruit Carb:49				24 Pot Roast w/Gravy Cal: 484 Brussels Sprouts Fat:20 Egg Noodles Na:136 LS Wheat Bread Chol:92 Fresh Fruit Carb:43				25 Potato Pollock Cal: 411 Coleslaw Fat:22 Steamed Corn Na:483 LS Wheat Bread Chol:42 Mandarin Oranges Carb:45 Tartar Sauce									
28 Chicken w/Dijon Sauce Cal: 380 Steamed Spinach Fat:14 Rice Pilaf Na:529 LS Wheat Bread Chol:66 Fresh Fruit Carb:33			29 Turkey Taco Bowl Cal: 382 Tossed Salad w/Ranch Fat:11 Yellow Rice Na:675 Tortilla Chips Chol:87 Chilled Pineapple Carb:38				30 Swedish Meatballs Cal: 502 Parslied Carrots Fat:21 Over Egg Noodles Na:388 LS Wheat Bread Chol:109 Diet Cookies Carb:55				31 HAPPY HALLOWEEN Meatloaf w/ Cal: 436 Mushroom Gravy Fat:22 Stewed Zucchini Na:312 Egg Noodles Chol:74 LS Wheat Bread Carb:39 Diet Cookies				For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 1136 Suggested voluntary Donation \$2.00 per meal Menu subject to change.									