November 2024 **Greater Springfield Senior Services, Inc.** **CARDIAC MENU Updated 09/25/2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested voluntary $2.00 per meal. **Menu subject to change With out notice.**	For more information about menu nutrients, call GSSSI Registered Dietitian at 413-781-8806 X 1136	**Key:** Cal= Calories Fat= gm Fat Na= mg Sodium Chol= mg Cholesterol Carb= gm Carbohydrates	Nutrient analysis EXCLUDES Bread, milk & dessert	**1** Chicken Pot Pie Cal: 564 California Blend Veg Fat:31 Biscuit Topping Na:596 Pear Crisp Chol:116 Carb:36
4 Roasted Red Pepper Pasta Cal: 438 With chicken Fat:17 Steamed Broccoli Na:95 LS Wheat Bread Chol:69 Applesauce Carb:43	**5** Honey Ginger Meatballs Cal: 379 Pacific Blend Veg Fat:18 White Rice Na: 262 LS Wheat Bread Chol:41 Diet Cookies Carb:38	**6** Chicken Fajitas Cal: 234 Onions & Peppers Fat:11 Yellow Rice Na:600 Flour Tortilla Chol:83 Fresh Fruit Sour Cream Carb:13	**7** LS Turkey Dog Cal: 445 Sautéed Cabbage Fat:25 Macaroni Salad Na:412 LS Wheat Bread Chol:61 Mixed Fruit Carb:40	**8** Beef Stew Cal: 509 With Carrots and Peas Fat:22 Egg Noodles Na:105 LS Wheat Bread Chol:117 Diet Jello w/Topping Carb:46
11 **HOLIDAY- NO MEALS**	**12** Pork & Gravy Cal: 407 Steamed Spinach Fat:18 White Rice Na:326 LS Wheat Bread Chol:77 Diet Cookies Carb:28	**13** Turkey Burger w/Swiss Cal: 423 Onions & Mushrooms Fat:22 Steamed Corn Na:455 LS Wheat Bread Chol:110 Mandarin Oranges Carb:31	**14** Chicken Parmesan Cal: 366 Tossed Salad w/Italian Fat:16 Parslied Penne Na:395 LS Wheat Bread Chol:67 Diet Jello w/Topping Carb:30	**15** Sausage Patty w/SF Syrup Cal: 324 Scrambled Eggs Fat:11 Spiced Apples Na:601 LS Wheat Bread Chol:61 Fresh Fruit Carb:19
18 “Lazy” Stuffed Cabbage Cal: 347 Peas & Onions Fat:16 LS Wheat Bread Na:184 Diet Jello w/Topping Chol:73 Carb:25	**19** LS Ham w/Pineapple Cal: 341 Herbed Green Beans Fat:6 White Rice Na:435 LS Wheat Bread Chol:46 Fresh Fruit Carb:54	**20 THANKSGIVING MEAL** Roast Turkey w/Gravy Cal: 332 Steamed Peas Fat:7 Whipped Sweet Potatoes Na:515 Cranberry Stuffing Chol:34 Diet Pumpkin Pie Carb:41	**21** Potato Pollock Cal: 340 Coleslaw Fat:16 Steamed Corn Na:456 LS Wheat Bread Chol:37 Chilled Peaches Carb:41	**22** Chicken Marsala Cal: 379 Tossed Salad w/Italian Fat:16 Penne Noodles Na:379 LS Wheat Bread Chol:68 Mixed Fruit Carb:31
25 Mac & Chz Cal: 292 Brussels Sprouts Fat:13 LS Wheat Bread Na:291 Diet Jello w/Topping Chol:33 Carb:29	**26** Shepherd’s Pie Cal: 399 Steamed Peas Fat:15 LS Wheat Bread Na:279 Spiced Peaches Chol:76 Carb:37	**27 BIRTHDA MEAL** BBQ Pulled Pork Cal: 401 Broccoli Slaw Fat:17 White Rice Na:385 LS Wheat Bread Chol:64 Diet Cupcake Carb:29	**28** **HOLIDAY- NO MEALS**	**29** New England Fish Chowder Cal: 400 Green Beans Fat:18 LS Wheat Bread Na:545 Mandarin Oranges Chol:55 Carb:38