

April 2024

Greater Springfield Senior Services, Inc.

CARDIAC MENU

updated 02/09/2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 Turkey Bacon Cal:282 Scrambled Eggs Fat:15 Spiced Apples Na:417 LS Wheat Bread Chol:32 Fresh Fruit Carb:18		2 Turkey Burger w/Swiss Cal: 680 Cucumber Dill Salad Fat:46 Macaroni Salad Na:622 LS Wheat Bread Chol:125 Diet Cookies Carb:33		3 Butter Chicken Cal: 486 Steamed Spinach Fat:24 White Rice Na:570 LS Wheat Bread Chol:63 Mandarin Oranges Carb:49		4 Roast Turkey w/Gravy Cal: 212 Wax Beans Fat:4 Whipped Sweet Potatoes Na:364 LS Wheat Bread Chol:30 Chilled Applesauce Carb:20		5 Shrimp Scampi Cal: 421 Steamed Broccoli Fat:16 Spaghetti Noodles Na:530 LS Wheat Bread Chol:109 SF Jello w/Topping Carb:41	
8 COLD PLATE Egg Salad Cal:606 Pickled Beets Fat:50 Broccoli Pasta Salad Na:580 LS Wheat Bread Chol:331 Raisins Carb:20		9 Beef Stroganoff Cal: 474 Steamed Broccoli Fat:24 Egg Noodles Na:231 LS Wheat Bread Chol:112 Diet Jello w/Topping Carb:35		10 Potato Pollock Filet Cal: 351 Coleslaw Fat:16 Steamed Corn Na:453 LS Wheat Bread Chol:37 Fresh Fruit Carb:43 Tartar Sauce		11 Spaghetti w/Meatballs Cal:619 Tossed Salad w/Ranch Fat:37 LS Wheat Bread Na:560 Diet Cookies Chol:86 Fresh Fruit Carb:48		12 LS Ham w/Pineapple Cal:309 Herbed Green Beans Fat:5 White Rice Na:432 LS Wheat Bread Chol:46 Mandarin Oranges Carb:48	
15 HOLIDAY- NO MEALS		16 Mac & Chz Cal: 430 California Blend Veg Fat:16 LS Wheat Bread Na:356 Diet Jello w/Topping Chol:33 Carb:53		17 Chicken Pesto Pasta Cal:373 Steamed Spinach Fat:18 LS Wheat Bread Na:380 Chilled Pineapple Chol:61 Carb:28		18 BBQ Pulled Pork Cal: 437 Celery Salad Fat:22 White Rice Na:384 LS Wheat Bread Chol:68 Fresh Fruit Carb:28		19 Potato Pollock Filet Cal: 351 Coleslaw Fat:16 Steamed Corn Na:453 LS Wheat Bread Chol:37 Chilled Applesauce Carb:43 Tartar Sauce	
22 American Chop Suey Cal:368 Roman Blend Veg Fat:11 LS Wheat Bread Na:224 Rice Krispie Treat Chol:48 Carb:44		23 Jamaican Jerk Chicken Cal: 481 Steamed Spinach Fat:23 Coconut Rice Na:397 LS Wheat Bread Chol:65 Mixed Fruit Carb:39		24 COLD PLATE Tuna & Swiss Cal: 382 Tossed Salad w/Ranch Fat:27 Green Bean Pimento Salad Na:557 LS Wheat Bread Chol:80 Fresh Fruit Carb:16		25 Mediterranean Turkey Cal: 443 Tomato Cucumber Salad Fat:13 Couscous Na:440 LS Wheat Bread Chol:33 Spiced Pears Carb:54		26 Pasta Primavera Cal: 531 Tossed Salad w/Italian Fat:28 LS Wheat Bread Na:453 SF Jello w/Topping Chol:15 Carb:58	
29 Shepherd's Pie Cal:382 Steamed Peas Fat:14 LS Wheat Bread Na:267 Spiced Peaches Chol:70 Carb:37		30 Broccoli Cheddar Chicken Cal:399 Herbed Cauliflower Fat:16 Rice Pilaf Na:460 LS Wheat Bread Chol:50 Diet Cupcake Carb:42				Key: Cal= Calories Fat= gm Fat Na= mg Sodium Chol = mg Cholesterol Carb=gm Carbohydrates		For more Information about menu nutrients, call GSSSI Dietitian at 413-781-8806 X 1136 Nutrient analysis includes Entrée portion ONLY. Suggested voluntary Donation \$2.00 per meal Menu subject to change.	