

April 2024

Greater Springfield Senior Services, Inc.

RENAL MENU updated 02/09/2024

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	
1 Turkey Bacon Scrambled Eggs Spiced Apples LS Wheat Bread Fresh Fruit	Cal: 521 Pro:24 Na:474 K+:613 Phos:155	2 Turkey Burger w/Swiss Cucumber Dill Salad Macaroni Salad LS Wheat Bread Diet Cookies	Cal:899 Pro:38 Na:678 K+:712 Phos:264	3 Butter Chicken Steamed Spinach White Rice LS Wheat Bread Chilled Pears	Cal: 665 Pro:28 Na:614 K+:911 Phos:194	4 Roast Turkey w/Gravy Wax Beans Whipped Sweet Potatoes LS Wheat Bread Chilled Applesauce	Cal:517 Pro:24 Na:503 K+:808 Phos:69	5 Shrimp Scampi Steamed Broccoli Spaghetti Noodles LS Wheat Bread SF Jello w/Topping	Cal:609 Pro:31 Na:632 K+:365 Phos:115
8 COLD PLATE Egg Salad Pickled Beets Broccoli Slaw LS Wheat Bread Raisins	Cal:805 Pro:22 Na:640 K+:816 Phos:263	9 Beef Stroganoff Steamed Broccoli Egg Noodles LS Wheat Bread Diet Jello w/Topping	Cal:673 Pro:35 Na:336 K+:570 Phos:269	10 Potato Pollock Filet Coleslaw Steamed Corn LS Wheat Bread Fresh Fruit Tartar Sauce	Cal:617 Pro:20 Na:579 K+:678 Phos:48	11 Spaghetti w/Meatballs Tossed Salad w/Ranch LS Wheat Bread Diet Cookies	Cal:756 Pro:26 Na:609 K+:893 Phos:245	12 LS Ham w/Pineapple Herbed Green Beans White Rice LS Wheat Bread Mandarin Oranges	Cal:502 Pro:23 Na:493 K+:826 Phos:74
15 HOLIDAY- NO MEALS		16 Mac & Chz California Blend Veg LS Wheat Bread Diet Jello w/Topping	Cal:500 Pro:24 Na:424 K+:546 Phos:304	17 Chicken Pesto Pasta Steamed Spinach LS Wheat Bread Chilled Pineapple	Cal:592 Pro:31 Na:436 K+:845 Phos:136	18 BBQ Pulled Pork Celery Salad White Rice LS Wheat Bread Fresh Fruit	Cal:658 Pro:26 Na:440 K+:694 Phos:225	19 Potato Pollock Filet Coleslaw Steamed Corn LS Wheat Bread Chilled Applesauce Tartar Sauce	Cal:542 Pro:19 Na:522 K+:596 Phos:28
22 American Chop Suey Roman Blend Veg LS Wheat Bread Rice Krispie Treat	Cal:601 Pro:30 Na:352 K+:616 Phos:253	23 Jamaican Jerk Chicken Steamed Spinach Coconut Rice LS Wheat Bread Mixed Fruit	Cal:680 Pro:37 Na:482 K+:805 Phos:285	24 COLD PLATE Tuna & Swiss Tossed Salad w/Ranch Green Bean Pimento Salad LS Wheat Bread Fresh Fruit	Cal:607 Pro:25 Na:599 K+:802 Phos:317	25 Mediterranean Turkey Cucumber Salad Couscous LS Wheat Bread Spiced Pears	Cal:656 Pro:234 Na:676 K+:630 Phos:152	26 Pasta Primavera Tossed Salad w/Italian LS Wheat Bread SF Jello w/Topping	Cal:705 Pro:21 Na:540 K+:535 Phos:218
29 Shepherd's Pie Steamed Peas LS Wheat Bread Spiced Peaches	Cal:578 Pro:33 Na: 326 K+: 618 Phos:195	30 Broccoli Cheddar Chicken Herbed Cauliflower Rice Pilaf LS Wheat Bread Diet Cupcake	Cal:626 Pro:27 Na:656 K+:661 Phos:71					For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 31136 Suggested voluntary Donation \$2.00 per meal Menu subject to change.	

Cal= Calories
Protein= gm Protein
Na= mg Sodium
K+ = mg Potassium
Phos=gm Phosphorous