

July 2024 Greater Springfield Senior Services, Inc. CARDIAC MENU updated 05/13/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Roasted Red Pepper Pasta With Chicken Cal:316 Fat:9 Green Beans Na:73 LS Wheat Bread Carb:51 Chilled Pineapple	2 Butter Crumb Fish Cal: 369 Fat:15 Steamed Broccoli Na:445 Rice Pilaf Carb:37 LS Wheat Bread Fresh Fruit Tartar Sauce	3 Pot Roast w/ Gravy Cal: 467 Fat:20 Tossed Salad w/Italian Na:366 Egg Noodles Carb:39 LS Wheat Bread Diet Cookie	4 HOLIDAY- NO MEALS	5 4TH OF JULY BBQ LS Hot Dog Cal: 445 Sautéed Cabbage Fat:25 Macaroni Salad Na:412 LS Wheat Bread Carb:40 Diet Jello w/Topping
8 Turkey Bacon Cal:253 Scrambled Eggs Fat:12 Spiced Apples Na:435 LS Wheat Bread Carb:19 Fresh Fruit	9 Tuna Noodle Casserole Cal: 982 Parslied Carrots Fat:12 LS Wheat Bread Na:688 Diet Jello w/Topping Carb:35	10 Turkey Taco Bowl (4oz) Cal: 293 Tossed Salad w/Ranch Fat:10 Yellow Rice Na:430 Tortilla Chips Carb:20 Chilled Pineapple	11 LS Ham & Swiss Cal:309 Marinated Cucumbers Fat:15 Steamed Peas Na:441 WW Pita Carb:20 Diet Cookies	12 Chicken Marsala Cal:355 Steamed Broccoli Fat:14 Parslied Penne Pasta Na:170 LS Wheat Bread Carb:30 Raisins
15 "Lazy" Stuffed Cabbage Cal:347 Peas & Onions Fat:16 LS Wheat Bread Na:184 Rice Krispie Treat Carb:25	16 Swedish Meatballs Cal: 535 Summer Blend Veg Fat:25 Egg Noodles Na:375 LS Wheat Bread Carb:48 Fresh Fruit	17 COLD PLATE Chef Salad w/ Cal:296 Turkey Salad Fat:16 Celery Salad Na:351 LS Wheat Bread Carb:8 Chilled Peaches	18 Lemon Chicken Cal: 351 Parslied Carrots Fat:13 Rice Pilaf Na:292 LS Wheat Bread Carb:50 Chilled Pineapple	19 Sloppy Joe Cal: 375 Coleslaw Fat:13 Sun Chips Na:546 LS Wheat Bread Carb:35 Diet Jello w/Whipped Topping
22 Chicken Pot Pie Cal:311 California Blend Veg Fat:10 Biscuit Topping Na:457 Pear Crisp Carb:26	23 Turkey Burger w/Swiss Cal: 564 Mushrooms & Onions Fat:31 Macaroni Salad Na:596 LS Wheat Bread Carb:36 Chilled Applesauce	24 COLD PLATE Curry Chicken Salad Cal: 447 Cucumber Mint Salad Fat:22 Chickpea Tomato Salad Na:384 LS Wheat Bread Carb:35 Fresh Fruit	25 BIRTHDAY MEAL Roast Turkey w/Gravy Cal: 212 Wax Beans Fat:4 Whipped Sweet Potatoes Na:365 LS Wheat Bread Carb:20 Diet Cupcake	26 Shrimp Scampi Cal: 353 Steamed Broccoli Fat:16 Spaghetti Noodles Na:540 LS Wheat Bread Carb:27 SF Jello w/Topping
29 COLD PLATE Egg Salad Cal:657 Three Bean Salad Fat:50 Broccoli Slaw Na:579 LS Wheat Bread Carb:34 Mixed Fruit	30 Beef Stroganoff Cal:332 Brussels Sprouts Fat:15 Egg Noodles Na:243 LS Wheat Bread Carb:38 Diet Cookie	31 Potato Pollock Filet Cal:351 Coleslaw Fat:16 Steamed Corn Na:453 LS Wheat Bread Carb:43 Fresh Fruit Tartar Sauce	Key: Cal= Calories Fat= gm Fat Na= mg Sodium 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.