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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Roasted Red Pepper Pasta Cal:671 With Chicken Pro:35 Green Beans Na:147 LS Wheat Bread K+:693 Chilled Pineapple Phos:245	**2** Butter Crumb Fish Cal:590 Steamed Broccoli Pro:25 Rice Pilaf Na:502 LS Wheat Bread K+:613 Fresh Fruit Tartar Sauce Phos:85	**3** Pot Roast w/ Gravy Cal: 702 Tossed Salad w/Italian Pro:37 Egg Noodles Na:378 LS Wheat Bread K+:555 Diet Cookie Phos:270	**4** **HOLIDAY- NO MEALS**	**5 4TH OF JULY BBQ** LS Hot Dog Cal:594 Sautéed Cabbage Pro:19 Macaroni Salad Na: 518 LS Wheat Bread K+:689 Diet Jello w/Topping Phos:75
8 Turkey Bacon Cal: 510 Scrambled Eggs Pro:23 Spiced Apples Na:494 LS Wheat Bread K+:609 Fresh Fruit Phos:134	**9** Tuna Noodle Casserole Cal:500 Parslied Carrots Pro:33 LS Wheat Bread Na:702 Diet Jello w/Topping K+:624 Phos:286	**10** Turkey Taco Bowl **(4oz)** Cal:511 Tossed Salad w/Ranch Pro:23 Yellow Rice Na:510 Tortilla Chips K+:672 Chilled Pineapple Phos:192	**11** LS Ham & Swiss Cal:538 Marinated Cucumbers Pro:26 Steamed Peas Na:681 WW Pita K+:829 Diet Cookies Phos:325	**12** Chicken Marsala Cal:612 Steamed Broccoli Pro:33 Parslied Penne Pasta Na:229 LS Wheat Bread K+:717 Raisins Phos:272
15 "Lazy" Stuffed Cabbage Cal: 595 Peas & Onions Pro:32 LS Wheat Bread Na:327 Rice Krispie Treat K+:793 Phos:253	**16** Swedish Meatballs Cal:774 Summer Blend Veg Pro:32 Egg Noodles Na:432 LS Wheat Bread K+:765 Fresh Fruit Phos:277	**17 COLD PLATE** Chef Salad w/ Cal:512 Turkey Salad Pro:34 Celery Salad Na:447 LS Wheat Bread K+:874 Chilled Peaches Phos:279	**18** Lemon Chicken Cal:592 Parslied Carrots Pro:29 Rice Pilaf Na:338 LS Wheat Bread K+:736 Chilled Pineapple Phos:58	**19** Sloppy Joe Cal:563 Coleslaw Pro:35 Sun Chips Na:649 LS Wheat Bread K+:598 Diet Jello Phos:222 w/Whipped Topping
22 Chicken Pot Pie Cal:501 California Blend Veg Pro:33 Biscuit Topping Na:571 Pear Crisp K+:345 Phos:41	**23** Turkey Burger w/Swiss Cal:755 Mushrooms & Onions Pro:38 Macaroni Salad Na:664 LS Wheat Bread K+:616 Chilled Applesauce Phos:261	**24 COLD PLATE** Curry Chicken Salad Cal:643 Cucumber Mint Salad Pro:31 Chickpea Tomato Salad Na:430 LS Wheat Bread K+:679 Fresh Fruit Phos:143	**25 BIRTHDAY MEAL** Roast Turkey w/Gravy Cal:576 Wax Beans Pro:26 Whipped Sweet Potatoes Na:647 LS Wheat Bread K+:783 Diet Cupcake Phos:69	**26** Shrimp Scampi Cal:527 Steamed Broccoli Pro:28 Spaghetti Noodles Na:627 LS Wheat Bread K+:379 SF Jello w/Topping Phos:102
29 COLD PLATE Egg Salad Cal:842 Three Bean Salad Pro:22 Broccoli Slaw Na:624 LS Wheat Bread K+: 789 Mixed Fruit Phos:331	**30** Beef Stroganoff Cal:556 Brussels Sprouts Pro:21 Egg Noodles Na:377 LS Wheat Bread K+:529 Diet Cookie Phos:199	**31** Potato Pollock Filet Cal:571 Coleslaw Pro:19 Steamed Corn Na:509 LS Wheat Bread K+:913 Fresh Fruit Phos:48 Tartar Sauce	Cal= Calories Protein= gm Protein Na= mg Sodium K+ = mg Potassium Phos=gm Phosphorous	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.**