

MARCH 2025

Greater Springfield Senior Services, Inc.

CARDIAC/DIABETIC UPDATED 01/23/2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>	
Turkey Burger w/Swiss	Cal:423	Chicken Pot Pie	Cal:315	Garlic Ginger Shrimp	Cal:286	LS Turkey w/Gravy	Cal:317	Swedish Meatballs	Cal:502
Onions & Mushrooms	Fat:22	Steamed Spinach	Fat:11	Steamed Broccoli	Fat:3	Steamed Peas	Fat:12	Parslied Carrots	Fat:21
Steamed Corn	Na:455	Biscuit Topping	Na:470	Brown Rice	Na:659	Mashed Butternut	Na:584	Over Egg Noodles	Na:388
LS Wheat Bread	Chol:110	Pear Crisp	Chol:69	LS Wheat Bread	Chol:11	LS Wheat Bread	Chol:53	LS Wheat Bread	Chol:109
Mandarin Oranges	Carb:31		Carb:23	Diet Cookies	Carb:60	Fresh Fruit	Carb:33	Diet Cookies	Carb:55
<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>	
LS Ham w/Pineapple	Cal:271	Beef Stew	Cal:477	Chicken Marsala	Cal:244	Turkey Taco Plate	Cal:382	Mac & Chz	Cal:292
Green Beans	Fat:4	With Carrots and Peas	Fat:22	California Blend Veg	Fat:12	Tossed Salad w/Ranch	Fat:11	Brussels Sprouts	Fat:13
½ Baked Sweet Potato	Na:453	Egg Noodles	Na:103	Penne Noodles	Na:157	Yellow Rice	Na:675	LS Wheat Bread	Na:291
LS Wheat Bread	Chol:46	LS Wheat Bread	Chol:117	LS Wheat Bread	Chol:68	Tortilla Chips	Chol:87	Mixed Fruit	Chol:33
Fresh Fruit	Carb:44	Diet Jello w/Topping	Carb:39	Chilled Applesauce	Carb:15	Chilled Pineapple	Carb:38		Carb:29
<b>17 ST. PATRICK'S DAY MEAL</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>	
Pot Roast	Cal:479	Chicken Fajitas	Cal:252	BBQ Pulled Pork	Cal:477	Spaghetti and Meatballs	Cal:439	Butter Crumb Fish	Cal:396
Carrots & Cabbage	Fat:23	Onions & Peppers	Fat:11	Broccoli Slaw	Fat:23	Tossed Salad w/Ranch	Fat:26	Steamed Peas	Fat:20
Egg Noodles	Na:144	Yellow Rice	Na:344	White Rice	Na:428	LS Wheat Bread	Na:533	Lemon Rice	Na:454
LS Wheat Bread	Chol:118	Flour Tortilla	Chol:92	LS Wheat Bread	Chol:68	Mixed Fruit	Chol:49	LS Wheat Bread	Chol:55
Green Whipped Jello	Carb:38	Fresh Fruit Sour Cream	Carb:13	Diet Cookies	Carb:35		Carb:34	Mandarin Oranges	Carb:34
								Tartar Sauce	
<b>24</b>		<b>25</b>		<b>26</b>		<b>27 MLB OPENING DAY</b>		<b>28</b>	
American Chop Suey	Cal:368	Braised Pork & Apple Gravy	Cal:644	Jamaican Jerk Chicken	Cal:481	LS Turkey Dog	Cal:445	Potato Pollock	Cal:420
Roman Blend Veg	Fat:11	Steamed Peas	Fat:26	Steamed Spinach	Fat:23	Sautéed Cabbage	Fat:25	Green Beans	Fat:20
LS Wheat Bread	Na:224	Egg Noodles	Na:429	Coconut Rice	Na:400	Macaroni Salad	Na:412	Steamed Corn	Na:409
Rice Krispie Treat	Chol:48	LS Wheat Bread	Chol:106	LS Wheat Bread	Chol:65	LS Wheat Bread	Chol:61	LS Wheat Bread	Chol:56
	Carb:44	Fresh Fruit	Carb:64	Mixed Fruit	Carb:39	Diet Jello w/Topping	Carb:40	Chilled Applesauce	Carb:44
								Tartar Sauce	
<b>31 BIRTHDAY MEAL</b>									
Meatloaf w/	Cal:436			For more Information	Cal:406	<b>Key:</b>	Cal:427	Total nutrient analysis	
Mushroom Gravy	Fat:22			about menu nutrients	Fat:11	Cal= Calories	Fat:21	excludes milk, margarine,	
Stewed Zucchini	Na:312			call GSSSI Dietitian at	Na:351	Fat= gm Fat	Na:163	Bread, and dessert.	
Egg Noodles	Chol:74			413-781-8806 x1136	Chol:63	Na= mg Sodium	Chol:66		
LS Wheat Bread	Carb:39				Carb:48	Chol mg Cholesterol	Carb:34		
Diet Cupcake						Carb= gm Carbohydrates			