

March 2025		Greater Springfield Senior Services, Inc.		RENAL MENU		UPDATED 01/23/2025			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 Turkey Burger w/Swiss Onions & Mushrooms Steamed Corn LS Wheat Bread Mandarin Oranges Cal:597 Pro:35 Na:516 K+:837 Phos:213		4 Chicken Pot Pie Steamed Spinach Biscuit Topping Pear Crisp Cal:502 Pro:33 Na:564 K+:338 Phos:79		5 Garlic Ginger Shrimp Steamed Broccoli Brown Rice LS Wheat Bread Diet Cookies Cal:512 Pro:14 Na:673 K+:409 Phos:79		6 LS Turkey w/Gravy Steamed Peas Mashed Butternut LS Wheat Bread Fresh Fruit Cal:538 Pro:31 Na:640 K+:1069 Phos:328		7 Swedish Meatballs Parslied Carrots Over Egg Noodles LS Wheat Bread Diet Cookies Cal:717 Pro:31 Na:513 K+:803 Phos:297	
10 LS Ham w/Pineapple Green Beans ½ Baked Sweet Potato LS Wheat Bread Fresh Fruit Cal:510 Pro:23 Na:509 K+:1105 Phos:89		11 Beef Stew With Carrots and Peas Egg Noodles LS Wheat Bread Diet Jello w/Topping Cal:776 Pro:44 Na:330 K+:870 Phos:466		12 Chicken Marsala California Blend Veg Penne Noodles LS Wheat Bread Chilled Applesauce Cal:549 Pro:31 Na:248 K+:591 Phos:197		13 Turkey Taco Plate Tossed Salad w/Ranch Yellow Rice Tortilla Chips Chilled Pineapple Cal:573 Pro:32 Na:586 K+:793 Phos:261		14 Mac & Chz Brussels Sprouts LS Wheat Bread Mixed Fruit Cal: 558 Pro:25 Na:441 K+:670 Phos:389	
17 ST. PATRICK'S DAY MEAL Pot Roast Carrots & Cabbage Egg Noodles LS Wheat Bread Green Whipped Jello Cal:596 Pro:36 Na:212 K+:634 Phos:265		18 Chicken Fajitas Onions & Peppers Yellow Rice Flour Tortilla Fresh Fruit Sour Cream Cal:512 Pro:32 Na:702 K+:727 Phos:260		19 BBQ Pulled Pork Broccoli Slaw White Rice LS Wheat Bread Diet Cookies Cal:691 Pro:29 Na:553 K+:699 Phos:244		20 Spaghetti and Meatballs Tossed Salad w/Ranch LS Wheat Bread Mixed Fruit Cal:624 Pro:40 Na:578 K+:777 Phos:254		21 Butter Crumb Fish Steamed Peas Lemon Rice LS Wheat Bread Mandarin Oranges Tartar Sauce Cal:632 Pro:27 Na:604 K+:636 Phos:36	
24 American Chop Suey Roman Blend Veg LS Wheat Bread Rice Krispie Treat Cal:572 Pro:27 Na:339 K+:451 Phos:210		25 Braised Pork & Apple Gravy Steamed Peas Egg Noodles LS Wheat Bread Fresh Fruit Cal:865 Pro:42 Na:485 K+:912 Phos:349		26 Jamaican Jerk Chicken Steamed Spinach Coconut Rice LS Wheat Bread Mixed Fruit Cal:680 Pro:37 Na:460 K+:808 Phos:286		27 MLB OPENING DAY LS Turkey Dog Sautéed Cabbage Macaroni Salad LS Wheat Bread Diet Jello w/Topping Cal:715 Pro:21 Na:498 K+:874 Phos:145		28 Potato Pollock Green Beans Steamed Corn LS Wheat Bread Chilled Applesauce Tartar Sauce Cal:559 Pro:20 Na:512 K+:903 Phos:107	
31 BIRTHDAY MEAL Meatloaf w/ Mushroom Gravy Stewed Zucchini Egg Noodles LS Wheat Bread Diet Cupcake Cal:635 Pro:28 Na:372 K+:785 Phos:380				Suggested voluntary Donation \$3.00 per meal Menu subject to change.		Key: Cal= Calories Pro= gm Protein Na= mg Sodium K+= mg Potassium Phos= mg Phosphorous		For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 1136	