

April 2026		Greater Springfield Senior Services, Inc.		RENAL MENU		02/24 /2025			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Nutrient analysis Includes juice, bread, And margarine. Suggested voluntary Donation \$3.00 per meal Menu subject to change.		Key: Cal= Calories Pro= gm Protein Na= mg Sodium K+= mg Potassium Phos= gm Phosphorous		1 Cape Cod Tuna Salad Cal:621 Broccoli Slaw Pro:23 LS Macaroni Salad Na:566 LS Wheat Bread K+:603 Diet Jello w/Whip Phos:125		2 Balsamic Chicken Cal:608 Brussels Sprouts Pro:35 Rice Pilaf Na:377 LS Wheat Bread K+:1045 Chilled Peaches Phos:239		3 Ravioli w/Sauce Cal:504 Tossed Salad w/Italian Pro:19 Steamed Peas Na:462 LS Wheat Bread K+:641 Fresh Fruit Phos:29	
6 SPRINGTIME MEAL Ham & Pineapple Cal:645 Green Beans Pro:25 Baked Sweet Potato Na:718 LS Wheat Bread K+:954 Red Velvet Cake Phos:69		7 Potato Pollock Cal:564 Coleslaw Pro:25 Steamed Corn Na:601 LS Wheat Bread K+:783 Diet Cookies Phos:103 Tartar Sauce		8 COLD PLATE LS Turkey & Provolone Cal:618 Lettuce/Tomato Pro:34 LS Macaroni Salad Na:682 LS Wheat Bread K+:729 Chilled Applesauce Phos:795		9 Chicken Piccata Cal:562 Steamed Broccoli Pro:33 Spaghetti Pasta Na:217 LS Wheat Bread K+:555 Mixed Fruit Phos:251		10 Turkey Taco Bowl Cal:526 Tossed Salad w/Ranch Pro:26 Yellow Rice Na:460 Tortilla Chips K+:800 Fresh Fruit Phos:303	
13 Meatballs & Gravy Cal:681 Parslied Carrots Pro:30 Over Egg Noodles Na:455 LS Wheat Bread K+:792 Diet Jello w/Whip Phos:297		14 Chicken Scampi Cal:807 California Blend Veg Pro:43 Spaghetti Noodles Na:400 LS Wheat Bread K+:980 Diet Cookies Phos:468		15 Cheese Omelet Cal: 536 Turkey Bacon Pro:24 Spiced Apples Na:702 LS Wheat Bread K+:599 Fresh Fruit Phos:20+		16 Indian Style Butter Chicken Cal:642 Steamed Spinach Pro:32 White Rice Na:645 LS Wheat Bread K+:767 Mandarin Oranges Phos:188		17 Turkey Burger w/Swiss Cal:670 Onions & Mushrooms Pro:35 Sweet Potato Na:536 LS Wheat Bread K+:830 Chilled Pineapple Phos:208	
20 HOLIDAY- NO MEALS		21 Lasagna w/Roasted- Cal:522 Red Pepper Sauce Pro:21 Steamed Broccoli Na:537 LS Wheat Bread K+:475 Diet Cookies Phos:187		22 BIRTHDAY MEAL BBQ Chicken Cal:569 Coleslaw Pro:38 Steamed Corn Na:471 LS Wheat Bread K+:936 Diet Cupcake Phos:238		23 Beef Stroganoff Cal:834 Brussels Sprouts Pro:37 Egg Noodles Na:673 LS Wheat Bread K+:933 Apple Crisp Phos:414		24 Butter Crumb Fish Cal:625 Tossed Salad w/Italian Pro:23 Lemon Rice Na:609 LS Wheat Bread K+:678 Fresh Fruit Phos:56+	
27 Mac & Cheese Cal:546 California Blend Veg Pro:25 LS Wheat Bread Na:438 Mixed Fruit K+:582 Phos:397		28 Shepherd's Pie Cal:684 Steamed Peas Pro:36 LS Wheat Bread Na:374 Peach Crisp K+:766 Phos:296		29 Rosé Chicken Cal:642 Asparagus Spears Pro:37 Penne Pasta Na:395 LS Wheat Bread K+:739 Fresh Fruit Phos:340		30 Lemon Dill Salmon Cal:705 Green Beans Pro:41 Rice Pilaf Na:341 LS Wheat Bread K+:1075 Mandarin Oranges Phos:365			