

May 2026

Greater Springfield Senior Services, Inc.

CARDIAC MENU

03/18/2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>Key:</b> Cal= Calories Fat= gm Fat Na= mg Sodium Carb= gm Carbohydrate		Nutrient Analysis excludes Milk(13g carbs, 125mg Na)						<b>1</b> Beef Stew Cal:631 White Rice Fat:20 LS Wheat Bread Na:175 Fresh Fruit Carb:74	
<b>4</b> Jamaican Jerk Chicken Cal:682 Steamed Spinach Fat:25 Coconut Rice Na:440 LS Wheat Bread Carb:74 Fresh Fruit		<b>5</b> American Chop Suey Cal:575 Steamed Broccoli Fat:30 LS Wheat Bread Na:177 Chilled Pineapple Carb:83		<b>6 COLD PLATE</b> Egg Salad over Cal:736 Tossed Salad w/Ranch Fat:78 LS Macaroni Salad Na:576 LS Wheat Bread Carb:53 Diet Jello w/Whip		<b>7</b> Potato Pollock Filet Cal:583 Coleslaw Fat:24 Steamed Corn Na:460 LS Wheat Bread Carb:74 Applesauce		<b>8 MOTHER'S DAY MEAL</b> Lemon Chicken Cal:766 Steamed Asparagus Fat:33 Egg Noodles Na:390 LS Wheat Bread Carb:74 Pound Cake	
<b>11</b> Chicken Pesto Pasta Cal:570 Steamed Broccoli Fat:20 LS Wheat Bread Na:427 Chilled Peaches Carb:63		<b>12 COLD PLATE</b> Cape Cod Tuna Salad Cal:457 Pickled Beets Fat:19 Celery Salad Na:555 LS Wheat Bread Carb:50 Mandarin Oranges		<b>13</b> Broccoli Cheddar Chx Cal:705 Parslied Carrots Fat:20 Rice Pilaf Na:715 LS Wheat Bread Carb:94 Diet Cupcake		<b>14</b> Meatloaf w/Gravy Cal:575 Brussels Sprouts Fat:28 Mashed Butternut Na:437 LS Wheat Bread Carb:55 Diet Jello w/Whip		<b>15</b> BBQ Pulled Pork Cal:681 Coleslaw Fat:22 Rice & Beans Na:608 LS Wheat Bread Carb:79 Fresh Fruit	
<b>18 COLD PLATE</b> Classic Chicken Salad Cal:522 Broccoli Slaw Fat:19 Zesty Corn Salad Na:410 LS Wheat Bread Carb:66 Mixed Fruit		<b>19</b> Butter Crumb Fish Cal:549 Green Beans Fat:37 Baked Sweet Potato Na:629 LS Wheat Bread Carb:56 Fresh Fruit Tartar Sauce		<b>20</b> Spaghetti w/Meatballs Cal:577 Tossed Salad w/Italian Fat:27 LS Wheat Bread Na:566 Diet Jello w/Whip Carb:54		<b>21</b> Pot Roast w/Gravy Cal:720 Brussels Sprouts Fat:25 Egg Noodles Na:261 LS Wheat Bread Carb:78 Diet Cookie		<b>22</b> Mediterranean Turkey Cal:680 Cucumber Salad Fat:37 Couscous Na:460 LS Wheat Bread Carb:808 Apple Crisp	
<b>25</b> <b>HOLIDAY- NO MEALS</b>		<b>26</b> Balsamic Chicken Cal:514 Brussels Sprouts Fat:8 Rice Pilaf Na:384 LS Wheat Bread Carb:80 Chilled Peaches		<b>27</b> Salmon w/Dill Sauce Cal:527 Steamed Broccoli Fat:20 Couscous Na:270 LS Wheat Bread Carb:49 Diet Cookie		<b>28</b> Turkey Taco Bowl Cal:445 Tossed Salad w/Ranch Fat:14 Yellow Rice Na:530 Tortilla Chips Carb:53 Fresh Fruit		<b>29</b> Turkey w/Gravy Cal:532 Green Beans Fat:20 Mashed Butternut Na:596 LS Wheat Bread Carb:56 Applesauce	