

June 2026										Greater Springfield Senior Services, Inc.					RENAL MENU					updated 10/22/2025				
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY												
<b>1</b>			<b>2 COLD PLATE</b>			<b>3</b>			<b>4</b>			<b>5</b>												
Ravioli w/Roasted - Red Pepper Sauce Steamed Peas LS Wheat Bread Diet Cookies	Cal:516 Pro:20 Na:546 K+:488 Phos:9+		LS Turkey & Provolone Lettuce/Tomato LS Macaroni Salad LS Wheat Bread Chilled Applesauce	Cal:558 Pro:29 Na:734 K+:443 Phos:230		Chicken Piccata Steamed Broccoli Spaghetti Pasta LS Wheat Bread Diet Cookies	Cal:562 Pro:33 Na:217 K+:555 Phos:251		Turkey Hot Dog Broccoli Slaw Dill Carrots LS Wheat Bread Fresh Fruit	Cal:536 Pro:16 Na:624 K+:1290 Phos:123		Potato Pollock Coleslaw Steamed Corn LS Wheat Bread Mixed Fruit Tartar Sauce	Cal:580 Pro:20 Na:621 K+:864 Phos:116											
<b>8</b>			<b>9</b>			<b>10</b>			<b>11</b>			<b>12 FATHER'S DAY MEAL</b>												
Turkey Burger w/Swiss Onions & Mushrooms Sweet Potato LS Wheat Bread Diet Jello w/Whip	Cal:631 Pro:34 Na:547 K+:679 Phos:200		Chicken Scampi California Blend Veg Spaghetti Noodles LS Wheat Bread Chilled Pineapple	Cal:807 Pro:43 Na:400 K+:980 Phos:468		Cheese Omelet Turkey Bacon Spiced Apples LS Wheat Bread Fresh Fruit	Cal: 536 Pro:24 Na:702 K+:599 Phos:20+		Swedish Meatballs Parslied Carrots Over Egg Noodles LS Wheat Bread Chilled Peaches	Cal:713 Pro:31 Na:449 K+:986 Phos:323		BBQ Chicken Coleslaw Steamed Corn LS Wheat Bread Chocolate Chip Cookie	Cal:613 Pro:79 Na:385 K+:936 Phos:268											
<b>15</b>			<b>16</b>			<b>17 COLD PLATE</b>			<b>18</b>			<b>19</b>												
Ham & Pineapple Green Beans Baked Sweet Potato LS Wheat Bread Fresh Fruit	Cal:509 Pro:23 Na:510 K+:1102 Phos:89		Indian Style Butter Chicken Steamed Spinach White Rice LS Wheat Bread Mandarin Oranges	Cal:642 Pro:32 Na:645 K+:767 Phos:188		Egg Salad Broccoli Slaw LS Macaroni Salad LS Wheat Bread Diet Jello w/Whip	Cal:874 Pro:24 Na:687 K+:730 Phos:291		Beef Stroganoff Brussels Sprouts Egg Noodles LS Wheat Bread Apple Crisp	Cal:834 Pro:37 Na:673 K+:933 Phos:414		HOLIDAY- NO MEALS												
<b>22</b>			<b>23</b>			<b>24 COLD PLATE</b>			<b>25</b>			<b>26</b>												
Shepherd's Pie Steamed Peas LS Wheat Bread Peach Crisp	Cal:684 Pro:36 Na:374 K+:766 Phos:296		Mac & Cheese California Blend Veg LS Wheat Bread Diet Cookies	Cal:546 Pro:25 Na:438 K+:582 Phos:397		Cape Cod Tuna Salad Tossed Salad w/Ranch Pickled Beets LS Wheat Bread Applesauce	Cal:520 Pro:17 Na:629 K+:761 Phos:59+		BBQ Pulled Pork Coleslaw Sweet Potato LS Wheat Bread Diet Jello w/Whip	Cal:628 Pro:30 Na:561 K+:1070 Phos:274		Rosé Chicken Asparagus Spears Penne Pasta LS Wheat Bread Fresh Fruit	Cal:642 Pro:37 Na:395 K+:739 Phos:340											
<b>29 BIRTHDAY MEAL</b>			<b>30</b>																					
Spaghetti and Meatballs Steamed Broccoli LS Wheat Bread Diet Cupcake	Cal:511 Pro:24 Na:723 K+:336 Phos:89+		Butter Crumb Fish Dill Carrots Rice Pilaf LS Wheat Bread Mandarin Oranges Tartar Sauce	Cal:600 Pro:24 Na:569 K+:710 Phos:66+								For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 1136 <b>Suggested voluntary            Donation \$3.00 per meal            Menu subject to change.</b>												
									Cal= Calories Protein= gm Protein Na= mg Sodium K+ = mg Potassium Phos=gm Phosphorous															