RENAL 2020 **Greater Springfield Senior Services, Inc.** **CARDIAC/DIABETIC MENU**

For Reservations or Cancellations call by 11:30 a.m. the day before at 781-2135 or Toll free 800-649-3641

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Fish Cal: 460 Roasted Tomatoes Pro: 28 Brown Rice Na: 180 Sugar Free Lemon- K+: 487 Cookie Phos: 51	**4** Chicken Marsala Cal:473 Garden Salad w/Italian Pro:30 Parsley Bowtie Pasta Na:490 OatNut Bread K+:376 Mixed Fruit Phos:99	**5** Herb Crusted Beef Cal: 534 Tossed Salad w/Caesar Pro: 21 Mashed Yams Na: 413 Pear Crisp K+: 428 Phos: 534	**6** Pork Roast w/Gravy Cal: 518 Cauliflower Florets Pro: 26 Ziti Noodles Na: 237 Diet Cookies K+: 481 Phos: 260	**7** Herbed Fish Cal:459 Steamed Peas Pro:31 Brown Rice Pilaf Na:215 Fresh Fruit K+:546 Phos:133
10 Lemon Pepper Chicken Cal: 532 Steamed Broccoli Pro:26 Brown Rice Na: 451 OatNut Bread K+: 417 Sugar Free Pudding Phos:133	**11** Pasta Primavera Cal: 505 Asparagus Spears Pro: 12 Italian Bread Na: 297 Applesauce K+: 378 Phos: 129	**12** Latino Roast Pork Cal: 501 Cilantro Coleslaw Pro: 32 Rice and Pigeon Peas Na: 215 Mixed Fruit K+: 602 Phos: 279	**13** Dill Salmon Cal: 496 Tuscan Blend Vegetables Pro: 28 Rice Pilaf Na: 420 Wheat Roll K+: 300 Lemon Cookies Phos:116	**14** Rosé Chicken Cal: 463 Artichokes&Mushrooms Pro: 32 Herbed Pasta Na: 496 Wheat Bread K+:475 Fresh Strawberries Phos:270
17 Butternut Mac&Cheese Cal: 521 Sautéed Kale Pro: 20 12 Grain Bread Na: 432 Pear Crisp K+:332 Phos:169	**18** Pot Roast Au Jus Cal: 486 Steamed Carrots Pro: 30 Wild Rice Na: 468 Fresh Fruit K+: 417 Phos: 80	**19** Crispy Fish Cal: 503 Sautéed Zucchini Pro: 30 Lemon Parsley Pasta Na: 344 Chilled Pineapple K+: 707 Phos: 297	**20** Orange Glazed Chicken Cal: 486 Stir Fry Blend Vegetables Pro: 31 Coconut Rice Na: 145 Mandarin Oranges K+:572 Phos:269	**21** Eggplant Parmesan Cal: 500 California Blend Veg Pro: 12 Tri-Color Pasta Na: 563 Wheat Bread K+:495 Diet Jell-O Phos:55
24 Herb Roasted Turkey Cal: 510 Tossed Salad Pro: 29 Couscous Na: 534 Dinner Roll K+:472 Sugar Free Cookies Phos:241	**25** “Lazy” Golompkis Cal: 451 Over white rice Pro: 24 Glazed Beets Na: 405 OatNut Bread K+:685 Fresh Fruit Phos:203	**26** Balsamic Chicken Cal:473 Tuscan Blend Veg Pro: 23 Ziti Noodles Na: 378 Sugar Free Pudding K+: 270 Phos: 88	**27** Cheese Quesadilla Cal:444 Peppers+Onions Pro: 16 Rice and Beans Na: 431 Cinnamon Applesauce K+: 459 Phos: 129	**28** Meatloaf w/gravy Cal:499 Brussels Sprouts Pro: 29 Mashed Potatoes Na: 394 Fresh Fruit K+: 414 Phos: 258
31 California Pork Chop Cal:500 Steamed Broccoli Pro: 30 Brown Rice Na: 271 OatNut Bread K+: 636 Chilled Pineapple Phos: 279		**Suggested voluntary Donation $2.00 per meal.** **Menu subject to change Without notice.**	**Key:** Cal= Calories Fat= gm Fat Na= mg Sodium Chol= mg Cholesterol Carb= gm Carbohydrates	For more information about menu nutrients, call GSSSI Dietitian at 413-781-8806 X 136 Nutrients of meal include 1 8oz 1% Milk