

November 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	
2 Jambalaya Cal:516 Broccoli Fat: 11 Sweet Potato Na: 429 Fresh Fruit Chol:31 Carb: 28	3 Pumpkin Alfredo Pasta Cal: 507 Steamed Cauliflower Fat: 16 Sauteed Zucchini Na: 589 Spiced Peaches Chol: 37 Carb: 74	4 Pot Roast w/Gravy Cal:458 Green Beans Fat:6 ½ Baked Potato Na: 309 Sugar Free Jello Chol:84 Carb:58	5 Cranberry Roast Turkey Cal: 583 Steamed Carrots Fat: 16 Butternut Quinoa Salad Na: 582 Chilled Pears Chol: 85 Carb: 71	6 Fish Tacos Cal: 626 Cilantro Coleslaw Fat: 29 Tomato Corn Salad Na: 493 Chilled Pineapple Chol: 59 Carb: 71					
9 Oven Fried Chicken Cal: 508 Collard Greens Fat: 25 Mashed Potatoes Na: 545 Diet Pudding Chol: 88 Carb: 36	10 Roasted Red Pepper Pasta Cal: 583 Tossed Salad w/House Fat: 27 Butternut Squash Na: 210 Fresh Strawberries Chol: 11 Carb: 73	11 HOLIDAY- NO MEALS		12 Broccoli Beef Stir Fry Cal: 488 Stir Fry Blend Veg Fat: 47 Brown Rice Na: 496 Mandarin Oranges Chol: 38 Carb: 64	13 Turkey Chili Cal: 551 Salad w/Lime Vinaigrette Fat: 18 Green Beans Na: 536 Cornbread Chol: 88 Diet Jell-O Carb: 68				
16 Herb Crusted Salmon Cal: 610 Spinach Salad w/Dijon Fat: 24 Rice Pilaf Na: 411 Sugar Free Cookies Chol: 60 Carb: 64	17 Jamaican Jerk Chicken Cal: 554 Corn and Peppers Fat:17 Coconut Rice Na: 336 Mixed Fruit Chol: 123 Carb: 67	18 Shepherd's Pie Cal:687 Caesar Salad Fat:41 Mashed Potato Topping Na:332 Fruit Crisp Chol:100 Carb:51	19 Turkey Burger Cal: 501 Lettuce Fat: 13 Sweet Potato Wedges Na: 556 Wheat Burger Bun Chol: 82 Fresh Watermelon Carb: 64	20 Oven Baked Fish Cal:535 Steamed Broccoli Fat:12 Wild Rice Na:508 Sugar Free Cookie Chol:60 Carb:71					
23 Chicken Paprikash Cal: 598 Garlic Spinach Fat: 16 Egg Noodles Na: 354 Apple Crisp Chol: 121 Carb: 75	24 Mushroom Risotto Cal: 429 Asparagus Spears Fat: 6 Chilled Pears Na: 343 Chol: 24 Carb: 75	25 Apple Pork Roast Cal: 547 California Blend Veg Fat: 40 Butternut Squash Na: 300 Sugar Free Jell-O Chol:104 Carb: 44	26 HOLIDAY- NO MEALS		27 Herbed Tilapia Cal: 457 Tuscan Blend Veg Fat: 7 Rice Pilaf Na: 419 Fresh Fruit Chol: 74 Carb: 69				
30 Apricot Chicken Thighs Cal: 520 Tossed Salad w/Italian Fat: 23 Steamed Peas Na: 484 Sugar Free Jell-O Chol:154 Carb: 41		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 Carbohydrate	For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 136				