November 2020 **Greater Springfield Senior Services, Inc.** **RENAL/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:437 Tossed Salad w/House Pro: 19 Broccoli Na: 370 Fresh Fruit K+:738 Phos:98	**3** Pumpkin Alfredo Pasta Cal:414 Steamed Cauliflower Pro:509 Sauteed Zucchini Na:13 Spiced Peaches K+: 735 Phos:252	**4** Pot Roast w/Gravy Cal:432 Green Beans Pro:35 Bowtie Pasta Na:204 Sugar Free Jello K+:320 Phos:104	**5** Cranberry Roast Turkey Cal:490 Steamed Carrots Pro:28 Butternut Quinoa Salad Na:503 Chilled Pears K+:395 Phos:50	**6** Fish Tacos Cal:533 Cilantro Coleslaw Pro:18 Tomato Corn Salad Na:414 Chilled Pineapple K+:664 Phos:405
9 Oven Fried Chicken Cal:413 Collard Greens Pro:29 Mashed Cauliflower Na:445 Diet Pudding K+:492 Phos:185	**10** Roasted Red Pepper Pasta Cal:505 Tossed Salad w/House Pro: 9 Butternut Squash Na: 151 Fresh Strawberries K+: 565 Phos: 120	**11** **HOLIDAY- NO MEALS**	**12** Broccoli Beef Stir Fry Cal:470 Stir Fry Blend Veg Pro: 21 Brown Rice Na: 551 Whole Wheat Roll K+: 415	**13** Turkey Chili Cal:408 Salad w/Lime Vinaigrette Pro: 22 Green Beans Na: 405 Cornbread K+: 753 Diet Jell-O Phos: 255
16 Herb Crusted Salmon Cal:502 Spinach Salad w/Dijon Pro: 25 Rice Pilaf Na: 306 Sugar Free Cookies K+: 682 Phos: 282	**17** Jamaican Jerk Chicken Cal:447 Corn and Peppers Pro: 26 Coconut Rice Na: 231 Mixed Fruit K+: 681 Phos: 307	**18** Shepherd's Pie Cal:522 Caesar Salad Pro: 29 Mashed Potato Topping Na: 182 Fruit Crisp K+: 730 Phos: 245	**19** Turkey Burger Cal:409 Lettuce Pro: 27 Sweet Potato Wedges Na: 476 Wheat Burger Bun K+: 698 Fresh Watermelon Phos: 185	**20** Oven Baked Fish Cal:442 Steamed Broccoli Pro: 29 Wild Rice Na: 429 Sugar Free Cookie K+: 419 Phos: 228
23 Chicken Paprikash Cal:496 Garlic Spinach Pro: 35 Egg Noodles Na: 202 Apple Crisp K+: 721 Phos: 71	**24** Mushroom Risotto Cal:446 Asparagus Spears Pro: 17 Chilled Pears Na: 224 K+: 337 Phos: 345	**25** Apple Pork Roast Cal:443 California Blend Veg Pro: 30 Butternut Squash Na: 155 Sugar Free Jell-O K+: 609 Phos: 235	**26** **HOLIDAY- NO MEALS**	**27** Herbed Fish Cal:419 Tuscan Blend Veg Pro: 20 Rice Pilaf Na: 514 Fresh Fruit K+: 629 Phos: 314
30 Apricot Chicken Thighs Cal:405 Tossed Salad w/Italian Pro: 29 Steamed Peas Na: 381 Sugar Free Jell-O K+: 662 Phos: 267		**Suggested voluntary Donation $2.00 per meal.** **Menu subject to change Without notice.**	**Key:** Cal= Calories Pro= gm Fat Na= mg Sodium K+= mg Potassium Phos= mg Phosphorous	For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 136