

OCTOBER 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
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 One 8oz 1% Milk	1 Roasted Red Pepper Pasta Cal: 583 Tossed Salad w/House Fat: 27 Butternut Squash Na: 210 Fresh Strawberries Chol: 11 Carb: 73	2 Broccoli Beef Stir Fry Cal: 488 Stir Fry Blend Veg Fat: 47 Brown Rice Na: 496 Mandarin Oranges Chol: 38 Carb: 64
5 Turkey Chili Cal: 551 Salad w/Lime Vinaigrette Fat: 18 Green Beans Na: 536 Cornbread Chol: 88 Diet Jell-O Carb: 68	6 Herb Crusted Salmon Cal: 610 Spinach Salad w/Dijon Fat: 24 Rice Pilaf Na: 411 Sugar Free Cookies Chol: 60 Carb: 64	7 Jamaican Jerk Chicken Cal: 554 Corn and Peppers Fat:17 Coconut Rice Na: 336 Mixed Fruit Chol: 123 Carb: 67	8 Shepherd’s Pie Cal:687 Caesar Salad Fat:41 Mashed Potato Topping Na:332 Fruit Crisp Chol:100 Carb:51	9 Turkey Burger Cal: 501 Lettuce Fat: 13 Sweet Potato Wedges Na: 556 Wheat Burger Bun Chol: 82 Fresh Watermelon Carb: 64
12 Oven Baked Fish Cal:535 Steamed Broccoli Fat: 19 Wild Rice Na: 509 Sugar Free Cookie Chol: 60 Carb: 75	13 Chicken Paprikash Cal: 598 Garlic Spinach Fat: 16 Egg Noodles Na: 354 Apple Crisp Chol: 121 Carb: 75	14 Cauliflower Mac & Chz Cal: 553 Asparagus Spears Fat: 20 Chilled Pears Na: 330 Chol: 58 Carb: 68	15 Apple Pork Roast Cal: 547 California Blend Veg Fat: 40 Butternut Squash Na: 300 Sugar Free Jell-O Chol:104 Carb: 44	16 Herbed Tilapia Cal: 457 Tuscan Blend Veg Fat: 7 Rice Pilaf Na: 419 Fresh Fruit Chol: 74 Carb: 69
19 Apricot Chicken Thighs Cal: 512 Tossed Salad w/Italian Fat: 23 Steamed Peas Na: 476 Sugar Free Jell-O Chol:154 Carb: 40	20 Veggie Tetrazzini Cal: 576 Caesar Salad Fat: 29 Green Beans Na: 260 Fresh Strawberries Chol: 29 Carb: 65	21 Steak with Dijon Sauce Cal: 495 Warm Cabbage Salad Fat: 22 Steamed Carrots Na: 403 Sugar Free Cookie Chol: 78 Carb: 69	22 Lemon Chicken Cal: 488 Country Blend Veg Fat: 14 Brown Rice Na: 304 Fresh Cantaloupe Chol: 89 Carb:62	23 Mediterranean Pasta Cal: 513 Roasted Eggplant Fat: 18 Angel Hair Pasta Na: 157 Spiced Peaches Chol: 16 Carb: 75
26 Turkey Sloppy Joes Cal:533 Cucumber Tomato Salad Fat:14 Mashed Rutabaga Na:578 Warm Applesauce Chol:95 Carb:67	27 Rosé Chicken Cal: 542 Artichokes & Mushrooms Fat: 8 Bowtie Pasta Na: 531 Fresh Watermelon Chol: 82 Carb: 71	28 Veggie Fried Rice Cal: 476 Ginger Carrots Fat: 17 Stir Fry Blend Vegetables Na:531 Sugar Free Cookie Chol: 15 Carb:69	29 Beef Barley Stew Cal: 607 Cauliflower Fat: 25 Buttermilk Biscuit Na: 409 Sugar Free Jell-O Chol: 75 Carb: 64	30 Peppercorn Pork Chops Cal:553 Brussels Sprouts Fat: 23 Mashed Potatoes Na: 318 Fruit Crisp Chol:78 Carb: 50