OCTOBER 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
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 Nutrients of meal include One 8oz 1% Milk	**1** Roasted Red Pepper Pasta Tossed Salad w/House Butternut Squash Fresh Strawberries Cal:505 Pro: 9 Na: 151 K+: 565 Phos: 120	**2** Broccoli Beef Stir Fry Stir Fry Blend Veg Brown Rice Whole Wheat Roll Mandarin Oranges Cal:470 Pro: 21 Na: 551 K+: 415 Phos: 91
5 Turkey Chili Salad w/Lime Vinaigrette Green Beans Cornbread Diet Jell-O Cal:408 Pro: 22 Na: 405 K+: 753 Phos: 255	**6** Herb Crusted Salmon Spinach Salad w/Dijon Rice Pilaf Sugar Free Cookies Cal:502 Pro: 25 Na: 306 K+: 682 Phos: 282	**7** Jamaican Jerk Chicken Corn and Peppers Coconut Rice Mixed Fruit Cal:447 Pro: 26 Na: 231 K+: 681 Phos: 307	8 Shepherd's Pie Caesar Salad Mashed Potato Topping Fruit Crisp Cal:522 Pro: 29 Na: 182 K+: 730 Phos: 245	**9** Turkey Burger Lettuce Sweet Potato Wedges Wheat Burger Bun Fresh Watermelon Cal:409 Pro: 27 Na: 476 K+: 698 Phos: 185
12 Oven Baked Fish Steamed Broccoli Wild Rice Sugar Free Cookie Cal:442 Pro: 29 Na: 429 K+: 419 Phos: 228	**13** Chicken Paprikash Wax Beans Wheat Pasta Apple Crisp Cal:496 Pro: 35 Na: 202 K+: 721 Phos: 71	**14** Cauliflower Mac & Chz Asparagus Spears Chilled Pears Cal:446 Pro: 17 Na: 224 K+: 337 Phos: 345	**15** Apple Pork Roast California Blend Veg White Rice Sugar Free Jell-O Cal:443 Pro: 30 Na: 155 K+: 609 Phos: 235	**16** Herbed Tilapia Tuscan Blend Veg Rice Pilaf OatNut Bread Fresh Fruit Cal:419 Pro: 20 Na: 514 K+: 629 Phos: 314
19 Apricot Chicken Thighs Tossed Salad w/Italian Peas & Pearl Onions Sugar Free Jell-O Cal:405 Pro: 29 Na: 381 K+: 662 Phos: 267	**20** Veggie Tetrazzini Caesar Salad Green Beans Fresh Strawberries Cal:483 Pro: 9 Na: 180 K+: 470 Phos: 148	**21** Steak with Dijon Sauce Warm Cabbage Salad Steamed Carrots Sugar Free Cookie Cal:402 Pro: 23 Na: 376 K+: 545 Phos: 192	**22** Lemon Chicken Country Blend Veg Brown Rice Fresh Cantaloupe Cal:411 Pro: 25 Na: 247 K+: 586 Phos: 191	**23** Mediterranean Pasta Roasted Eggplant Angel Hair Pasta Spiced Peaches Cal:421 Pro: 11 Na: 103 K+: 473 Phos: 271
26 Turkey Sloppy Joes Cucumber Tomato Salad Mashed Rutabaga Warm Applesauce Cal:425 Pro: 30 Na: 473 K+: 625 Phos: 216	**27** Rosé Chicken Artichokes & Mushrooms Bowtie Pasta Fresh Watermelon Cal:450 Pro: 36 Na: 451 K+: 591 Phos: 383	**28** Veggie Fried Rice Ginger Carrots Stir Fry Blend Vegetables Sugar Free Cookie Cal:449 Pro: 9 Na: 496 K+: 414 Phos: 63	**29** Beef Barley Stew Cauliflower Buttermilk Biscuit Sugar Free Jell-O Cal:515 Pro: 26 Na: 419 K+: 543 Phos: 251	**30** Peppercorn Pork Chops Tossed Salad w/Italian Parslied Bowties Fruit Crisp Cal:601 Pro: 29 Na: 331 K+:690 Phos:328