

SEPTEMBER 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.		1 Beef Stroganoff Cal:589 Garden Salad w/Italian Pro: 29 Egg Noodles Na: 178 Fresh Fruit K+:631 Phos: 274		2 Seared Salmon Cal:530 Mixed Vegetables Pro:29 Herbed Bowtie Pasta Na:102 Chilled Pears K+:679 Phos:347		3 Oven Baked Chicken Cal: 442 Collard Greens Pro: 30 Brown Rice Pilaf Na: 430 Peach Crisp K+: 546 Phos:162		3 Roasted Veggie Pasta Cal: 494 with Spaghetti Pro: 9 Butternut Squash Na: 48 Strawberries& K+: 356 Whipped Topping Phos: 100	
		7 HOLIDAY- NO MEALS		8 Beef Fajita Cal: 530 Onions,Peppers,Tomatoes Pro: 16 Wild Rice Na: 352 Tortilla K+:397 Fresh Cantaloupe Phos:40		9 Turkey Chili Cal: 505 Savory Green Beans Pro: 20 Bowtie Pasta Na: 339 Sugar Free Shortbread K+: 412 Phos: 187		10 Baked Fish Cal: 547 Roasted Tomatoes Pro: 29 Bowtie Pasta Na: 157 Sugar Free Lemon-Cookie K+: 521 Phos: 164	
14 Herb Crusted Beef Cal: 534 Tossed Salad w/Caesar Pro: 21 Mashed Yams Na: 413 Pear Crisp K+: 172 Phos: 534		15 Pork Roast w/Gravy Cal: 555 Cauliflower Florets Pro: 32 Egg Noodles Na: 224 Diet Cookies K+: 493 Phos: 282		16 Herbed Fish Cal: 490 Steamed Peas Pro: 31 Roasted Red Potatoes Na: 324 Fresh Fruit K+: 430 Phos:33		17 Lemon Pepper Chicken Cal: 478 Steamed Broccoli Pro:22 Brown Rice Na: 282 Sugar Free Pudding K+: 435 Phos:135		18 Pasta Primavera Cal: 455 Asparagus Spears Pro: 11 Italian Bread Na: 270 Applesauce K+: 111 Phos 349	
21 Latino Roast Pork Cal: Cilantro Coleslaw Pro: Rice and Beans Na: Mixed Fruit K+: Phos:		22 Dill Salmon Cal: 506 Tuscan Blend Vegetables Pro: 25 Rice Pilaf Na: 363 Wheat Roll K+: 127 Lemon Cookies Phos:138		23 Rosé Chicken Cal: 410 Artichokes & Mushrooms Pro: 30 Herbed Pasta Na: 401 Fresh Strawberries K+:475 Phos:270		24 Butternut Mac & Cheese Cal: 468 Sautéed Kale Pro: 18 Whole Wheat Bread Na: 327 Pear Crisp K+:332 Phos:169		25 Pot Roast Au Jus Cal: 486 Steamed Carrots Pro: 30 Wild Rice Na: 468 Fresh Fruit K+: 417 Phos: 80	
28 Crispy Fish Cal: 468 Sautéed Zucchini Pro: 31 Brown Rice Pilaf Na: 520 Whole Wheat Bread K+:104 Diet Jello Phos:322		29 Orange Glazed Chicken Cal: 448 Stir Fry Blend Vegetables Pro: 30 Coconut Rice Na: 183 Mandarin Oranges K+:551 Phos:254		30 Eggplant Parmesan Cal: 448 California Blend Vegetables Pro: 10 Tri-Color Pasta Na: 488 Diet Jell-O K+:495 Phos:55		Key: Cal= Calories Pro= gm Protein Na= mg Sodium K+= mg Potassium Phos= mg Phosphorous		For more information about menu nutrients, call GSSSI Dietitian at 413-781-8806 X 136 Each Meal includes 4oz Juice.	