

APRIL 2021

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		1 Chicken Paprikash Cal: 598 Garlic Spinach Fat: 16 Egg Noodles Na: 354 Apple Crisp Chol:121 Carb: 75		2 Mushroom Risotto Cal: 429 Asparagus Spears Fat: 6 Chilled Pears Na: 343 Chol: 24 Carb: 75	
		5 Apple Pork Roast Cal: 547 California Blend Veg Fat: 40 White Rice Na: 300 Sugar Free Jell-O Chol:104 Carb: 44		6 Herbed Tilapia Cal: 457 Tuscan Blend Veg Fat: 7 Rice Pilaf Na: 419 OatNut Bread Chol: 74 Fresh Fruit Carb: 69		7 Apricot Chicken Thighs Cal: 520 Tossed Salad w/Italian Fat: 23 Peas & Pearl Onions Na: 484 Sugar Free Jell-O Chol:154 Carb: 41		8 Veggie Tetrazzini Cal: 576 Caesar Salad Fat: 29 Green Beans Na: 260 Fresh Strawberries Chol: 29 Carb: 65	
12 Oven Baked Fish Cal:535 Steamed Broccoli Fat:12 Wild Rice Na:508 Sugar Free Cookie Chol:60 Carb:71		13 Lemon Chicken Cal: 488 Country Blend Veg Fat: 14 Brown Rice Na: 304 Fresh Cantaloupe Chol: 89 Carb: 62		14 Ratatouille w/bowtie pasta Cal: 622 Caesar Salad Fat: 27 Mixed Vegetables Na: 229 Spiced Peaches Chol: 29 Carb: 79		15 Beef Barley Stew Cal: 607 Cauliflower Fat: 25 Buttermilk Biscuit Na: 409 Sugar Free Jell-O Chol: 75 Carb: 64		16 Turkey Sloppy Joes Cal:533 Cucumber Tomato Salad Fat:14 Mashed Rutabaga Na:578 Warm Applesauce Chol:95 Carb:67	
19 HOLIDAY-NO MEALS		20 Rosé Chicken Cal: 501 w/Artichokes&Mushrooms Fat: 7 Herbed Pasta Na: 461 Fresh Strawberries Chol: 70 Carb: 69		21 Chimichurri Roast Beef Cal: 473 Summer Blend Veg Fat: 14 Wild Rice Na: 209 Sugar Free Cookies Chol: 14 Carb: 47		22 Peppercorn Pork Chops Cal: 553 Brussels Sprouts Fat: 23 Mashed Potatoes Na: 318 Fruit Crisp Chol: 78 Carb: 50		23 Jambalaya Cal:516 Broccoli Fat: 11 Sweet Potato Na: 429 Fresh Fruit Chol:31 Carb: 28	
26 Pumpkin Alfredo Pasta Cal: 507 Steamed Cauliflower Fat: 16 Sautéed Zucchini Na: 589 Spiced Peaches Chol: 37 Carb: 74		27 Pot Roast w/Gravy Cal:458 Green Beans Fat:6 ½ Baked Potato Na: 309 Sugar Free Jello Chol:84 Carb:58		28 Cranberry Roast Turkey Cal: 583 Steamed Carrots Fat: 16 Butternut Quinoa Salad Na: 582 Chilled Pears Chol: 85 Carb: 71		29 Fish Tacos Cal: 626 Cilantro Coleslaw Fat: 29 Tomato Corn Salad Na: 493 Chilled Pineapple Chol: 59 Carb: 71		30 Roasted Red Pepper Pasta Cal: 583 Tossed Salad w/House Fat: 27 Butternut Squash Na: 210 Fresh Strawberries Chol: 11 Carb: 73	