

APRIL 2021

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	
<p>Suggested voluntary Donation \$2.00 per meal. Menu subject to change Without notice.</p>		<p>Key: Cal= Calories Pro= gm Fat Na= mg Sodium K+= mg Potassium Phos= mg Phosphorous</p>		<p>For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 136</p>		<p>1 Chicken Paprikash Cal:496 Wax Beans Pro: 35 With Pasta Na: 202 Apple Crisp K+: 721 Phos: 71</p>		<p>2 Mushroom Risotto Cal:446 Asparagus Spears Pro: 17 Chilled Pears Na: 224 K+: 337 Phos: 345</p>	
<p>5 Apple Pork Roast Cal:443 California Blend Veg Pro: 30 White Rice Na: 155 Sugar Free Jell-O K+: 609 Phos: 235</p>		<p>6 Herbed Tilapia Cal:419 Tuscan Blend Veg Pro: 20 Rice Pilaf Na: 514 OatNut Bread K+: 629 Fresh Fruit Phos: 314</p>		<p>7 Apricot Chicken Thighs Cal:405 Tossed Salad w/Italian Pro: 29 Peas & Pearl Onions Na: 381 Sugar Free Jell-O K+: 662 Phos:267</p>		<p>8 Veggie Tetrazzini Cal:483 Caesar Salad Pro: 9 Green Beans Na: 180 Fresh Strawberries K+: 470 Phos:148</p>		<p>9 Steak with Dijon Sauce Cal:402 Warm Cabbage Salad Pro: 23 Steamed Carrots Na: 376 Sugar Free Cookie K+: 545 Phos: 192</p>	
<p>12 Oven Baked Fish Cal:442 Steamed Broccoli Pro: 29 Wild Rice Na: 429 Sugar Free Cookie K+: 419 Phos: 228</p>		<p>13 Lemon Chicken Cal:411 Country Blend Veg Pro: 25 Brown Rice Na: 247 Fresh Cantaloupe K+: 586 Phos: 191</p>		<p>14 Ratatouille Cal: Mixed Vegetables Pro: Bowtie Pasta Na: Spiced Peaches K+: Phos:</p>		<p>15 Beef Barley Stew Cal:515 Cauliflower Pro: 26 Buttermilk Biscuit Na: 419 Sugar Free Jell-O K+: 543 Phos:251</p>		<p>16 Turkey Sloppy Joes Cal:425 Cucumber Tomato Salad Pro: 30 Mashed Rutabaga Na: 473 Warm Applesauce K+: 625 Phos: 216</p>	
<p>19 HOLIDAY- NO MEALS</p>		<p>20 Rosé Chicken Cal:450 w/Artichokes&Mushrooms Pro: 36 Bowtie Pasta Na: 451 Fresh Watermelon K+: 591 Phos: 383</p>		<p>21 Chimichurri Roast Beef Cal:489 Summer Blend Veg Pro:30 Wild Rice Na:205 Sugar Free Cookies K+: 521 Phos:206</p>		<p>22 Peppercorn Pork Chops Cal:601 Tossed Salad w/Italian Pro: 29 Parslied Bowties Na: 331 Fruit Crisp K+:690 Phos:328</p>		<p>23 Jambalaya Cal:437 Tossed Salad w/House Pro: 19 Broccoli Na: 370 Fresh Fruit K+:738 Phos:98</p>	
<p>26 Pumpkin Alfredo Pasta Cal:411 Steamed Cauliflower Pro: 13 Tossed Salad w/Italian Na: 512 Spiced Peaches K+: 742 Phos:252 Phos: 91</p>		<p>27 Pot Roast w/Gravy Cal:432 Green Beans Pro:35 Bowtie Pasta Na:204 Sugar Free Jello K+:320 Phos:104</p>		<p>28 Cranberry Roast Turkey Cal: 583 Steamed Carrots Fat: 16 Butternut Quinoa Salad Na: 582 Chilled Pears Chol: 85 Carb: 71</p>		<p>29 Fish Tacos Cal: 626 Cilantro Coleslaw Fat: 29 Tomato Corn Salad Na: 493 Chilled Pineapple Chol: 59 Carb: 71</p>		<p>30 Roasted Red Pepper Pasta Cal:505 Tossed Salad w/House Pro: 9 Butternut Squash Na: 151 Fresh Strawberries K+: 565 Phos: 120</p>	