

June 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
Nutrient analysis is only for entrée and sides. It does NOT include milk, low-sodium bread, margarine or dessert, Which provide (on average): Cal: 300 Fat:7 Na:200 Chol:11 Carb:50	1 Cabbage Casserole Cal: 390 Over Brown Rice Fat: 14 Green Peas Na: 287 LS Wheat Bread Chol: 65 Tropical Fruit Carb: 42	2 Chimichurri Cod Cal: 304 Roman Blend Veg Fat: 13 Lemon Orzo Na: 85 LS Wheat Bread Chol: 26 Sugar Free Cookies Carb: 30	3 COLD PLATE Egg Salad Cal: 398 Tossed Salad w/House Fat: 30 Garlic Green Beans Na: 343 LS Wheat Bread Chol:5 Mandarin Oranges Carb: 24	4 Turkey Chili Cal: 265 Mixed Vegetables Fat: 4 ½ Baked Potato Na: 328 LS Wheat Bread Chol: 31 Chilled Pears Carb: 41
	7 Meatloaf w/Gravy Cal:429 Cauliflower Fat:20 Parslied Rice Na:198 LS Wheat Bread Chol:61 Chilled Pineapple Carb:42	8 Garlic Pollock Cal: 286 Steamed Broccoli Fat: 8 ½ Baked Sweet Potato Na: 214 LS Wheat Bread Chol: 0 Fresh Pear Carb: 22	9 Balsamic Chicken Cal: 314 Capri Blend Veg Fat: 8 Steamed Rice Na: 121 LS Wheat Bread Chol: 54 Fresh Orange Carb: 38	10 French Bread Pizza Cal: 340 Tossed Salad w/Italian Fat: 21 Summer Blend Veg Na: 271 Sugar Free Cookies Chol: 21 Carb: 28
14 Cod with Dill Sauce Cal:311 Steamed Green Beans Fat: 11 Couscous Na: 316 Chilled Pineapple Chol:26 Carb:36	15 Turkey Burger w/Ketchup Cal: 311 Tuscan Blend Veg Fat: 13 Bowtie Pasta Salad Na: 467 Sugar Free Cookie Chol: 40 Carb: 33	16 Golden BBQ Chicken Thigh Cal:367 Tossed Salad w/House Fat:18 Buttered Rice Na: 469 Mandarin Oranges Chol:79 Carb:32	17 Taco Bowl Cal: 587 Corn Tomato Salad Fat: 19 Yellow Rice Na: 397 Flour Tortilla Chol: 73 Watermelon Carb: 71	18 Chef Salad w/House Cal: 609 Tomatoes/Cucumbers Fat: 29 Macaroni Salad Na: 450 LS Bread Chol: 59 Tropical Fruit Carb: 62
21 HOLIDAY- NO MEALS	22 Chicken Marsala Cal: 304 Green Beans Fat: 7 White Rice Na: 249 Wheat Bread Chol: 60 Fresh Banana Carb: 35	23 Pasta Primavera Cal: 410 Italian Blend Veg Fat: 4 Wax Beans Na: 78 12 Grain Bread Chol: 0 Fresh Fruit Carb: 85	24 Dijon Herb Chicken Cal: 279 California Blend Veg Fat:7 Lemon Rice Na:210 Low Sodium Bread Chol: 54 Sugar Free Cookie Carb: 46	25 American Chop Suey Cal: 510 Tossed Salad w/House Fat: 26 Steamed Asparagus Na: 276 Chilled Pears Chol: 41 Carb: 50
28 Fish Tacos Cal: 371 Cilantro Coleslaw Fat: 13 Rice with Beans Na: 300 Flour Tortilla Chol: 52 Chilled Applesauce Carb: 40	29 Chicken Florentine Cal:222 Steamed Broccoli Fat:6 Parsley Pasta Na:112 Sugar Free Cookie Chol:56 Carb: 20	30 Apple Glazed Pork Cal:338 Steamed Cauliflower Fat:13 White Rice Na:129 Fresh Fruit Chol:54 Carb:34	Key: Cal= Calories Fat= gm Fat Na= mg Sodium Chol= mg Cholesterol Carb=gm Carbohydrate	For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 136 Suggested voluntary Donation \$2.00 per meal Menu subject to change.