

June 2021 Greater Springfield Senior Services, Inc. RENAL 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	
Meal analysis includes sugar-free juice and margarine	1 Bourbon Chicken Cal: 573 Wax Beans Pro: 26 Steamed Rice Na: 471 LS Wheat Bread K+: 618 Tropical Fruit Phos: 294	2 Chimichurri Cod Cal: 562 Roman Blend Veg Pro: 24 Lemon Orzo Na: 296 LS Wheat Bread K+: 641 Sugar Free Cookies Phos:307	3 COLD PLATE Egg Salad Cal: 630 Tossed Salad w/House Pro: 23 Garlic Green Beans Na: 438 LS Wheat Bread K+:683 Mandarin Oranges Phos:305		4 Turkey Chili Cal: 554 Mixed Vegetables Pro: 23 Steamed Rice Na: 476 LS Wheat Bread K+: 731 Chilled Pears Phos:312			
7 Meatloaf w/Gravy Cal: 522 Cauliflower Pro: 22 Parslied Rice Na: 220 Chilled Pineapple K+: 795 Phos: 238	8 Seasoned Chicken Cal: 481 Steamed Broccoli Pro: 29 Spanish Rice Na: 353 LS Wheat Bread K+: 737 Fresh Pear Phos: 352	9 Balsamic Chicken Cal: 525 Capri Blend Veg Pro: 28 Penne Pasta Na: 228 LS Wheat Bread K+: 775 Chilled Applesauce Phos:314	10 French Bread Pizza Cal: 627 Tossed Salad w/House Pro: 20 Summer Blend Veg Na: 444 LS Bread K+: 602 Sugar Free Cookies Phos:208		11 Roast Pork w/Onion Gravy Cal: 517 Green Peas Pro: 25 Rice Pilaf Na: 266 Mandarin Oranges K+: 599 Phos:292			
14 Cod with Dill Sauce Cal: 507 Steamed Green Beans Pro: 20 Couscous Na: 519 LS Wheat Bread K+: 716 Chilled Pineapple Phos: 249	15 Turkey Burger Cal: 564 Tuscan Blend Veg Pro: 25 Bowtie Pasta Salad Na: 523 LS Wheat Bread K+: 586 Sugar Free Cookie Phos: 284	16 BBQ Chicken Cal: 508 Tossed Salad w/House Pro: 20 Buttered Rice Na: 520 Mandarin Oranges K+: 585 Phos:243	17 Taco Bowl Cal: 509 Steamed Corn Pro: 25 Yellow Rice Na: 468 Flour Tortilla K+: 660 Watermelon Phos:331		18 Chef Salad w/House Cal: 701 Tomatoes/Cucumbers Pro: 29 Pasta Salad Na: 474 LS Wheat Bread K+: 626 Tropical Fruit Phos:310			
21 HOLIDAY- NO MEALS	22 Chicken Marsala Cal: 527 Green Beans Pro: 29 White Rice Na: 371 LS Wheat Bread K+: 747 Fresh Apple Phos:324	23 Pasta Primavera Cal: 542 Italian Blend Veg Pro: 19 Wax Beans Na: 150 Sugar Free Cookie K+: 709 Phos:368	24 Dijon Herb Chicken Cal: 536 California Blend Veg Pro: 28 Lemon Rice Na: 411 LS Wheat Bread K+: 600 Sugar Free Cookie Phos:270		25 American Chop Suey Cal: 588 Tossed Salad w/House Pro: 22 Steamed Asparagus Na: 301 Chilled Pears K+: 881 Phos:275			
28 Fish Tacos Cal:607 Tossed Salad w/House Pro: 26 Rice with Beans Na: 470 Flour Tortilla K+: 743 Chilled Pears Phos: 283	29 Chicken Florentine Cal:510 Steamed Broccoli Pro: 29 Parsley Pasta Na: 285 LS Wheat Bread K+: 502 Sugar Free Cookie Phos: 319	30 Apple Glazed Pork Cal: 540 Steamed Cauliflower Pro: 27 White Rice Na: 250 LS Wheat Bread K+: 801 Fresh Fruit Phos:304	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.			