

May 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
<p><b>3</b></p> <p>Turkey Burger w/Cuban Sce Cal:591  Tuscan Blend Veg Fat: 71  Sweet Potatoes Na: 620  Whole Wheat Bread Chol: 51  Diet Cookies Carb: 72</p>	<p><b>4</b></p> <p>Golden BBQ Chicken Cal: 528  Tossed Salad w/House Fat2  Red Bliss Potatoes Na: 415  Tossed Salad Chol:90  Fresh Grapes Carb: 56</p>	<p><b>5</b></p> <p>Fish Tacos Cal: 601  Cilantro Slaw Fat: 16  Yellow Rice w/Pigeon Peas Na: 552  Flour Tortilla Chol: 56  Chilled Pears Carb: 85</p>	<p><b>6</b></p> <p>Beef Lo Mein Cal: 596  Steamed Broccoli Fat: 29  Garlic Green Beans Na: 371  Fresh Apple Chol:51  Carb: 62</p>	<p><b>7</b></p> <p>Chicken Marsala Cal: 537  Over Elbow Pasta Fat: 14  Brussels Sprout Medley Na: 518  White Bread Chol: 72  Applesauce Carb: 71</p>
<p><b>10</b></p> <p>Cheese Omelet Cal:577  Steamed Corn Fat:16  Roasted Potatoes Na:508  Wheat Bread Chol:206  Tropical Fruit Carb:60</p>	<p><b>11</b></p> <p>Apple Glazed Pork Cal: 549  Wax Beans Fat: 20  California Blend Veg Na: 470  Oatmeal Bread Chol: 65  Fresh Plum Carb: 64</p>	<p><b>12</b></p> <p>American Chop Suey Cal: 622  Vegetable Medley Fat: 27  Fruit Cocktail Na: 464  Chol: 97  Carb: 61</p>	<p><b>13</b></p> <p>Balsamic Chicken Cal: 537  Sliced Carrots Fat: 10  Red Bliss Potatoes Na: 350  Wheat Bread Chol: 65  Chilled Pears Carb: 80</p>	<p><b>14</b></p> <p>Butternut Mac and Cheese Cal:515  Steamed Peas Fat:15  Sugar Free Pudding Na:414  Chol:43  Carb:65</p>
<p><b>17</b></p> <p>Roast Pork w/Gravy Cal:644  Tossed Salad w/Caesar Fat: 23  Couscous Na: 500  Spiced Pineapple Chol:67  Carb:77</p>	<p><b>18</b></p> <p>Meatloaf w/Gravy Cal: 492  Cauliflower Fat: 20  Baked Sweet Potato Na: 404  Chilled Pears Chol: 72  Carb: 53</p>	<p><b>19</b></p> <p>Chicken Fajitas Cal:529  Fajita Blend Veg Fat:7  Yellow Rice Na: 454  Flour Tortilla Chol:72  Diet Cookies Carb:72</p>	<p><b>20</b></p> <p>Oven Baked Fish Cal: 547  Mixed Vegetables Fat: 13  Wild Rice Na: 499  Watermelon Chol: 48  Carb: 72</p>	<p><b>21</b></p> <p>Chicken w/country gravy Cal: 552  Collard Greens Fat: 12  Whipped Potatoes Na: 520  Whole Wheat Bread Chol: 66  Chilled Peaches Carb: 76</p>
<p><b>24</b></p> <p>Roast Pork w/Orange Sauce Cal: 545  Steamed Carrots Fat: 14  Brown Rice Na: 311  Mandarin Oranges Chol: 65  Carb: 78</p>	<p><b>25</b></p> <p>Broccoli Alfredo Cal: 564  Tossed Salad w/House Fat: 22  Spiced Fruit Na: 477  Chol: 33  Carb: 72</p>	<p><b>26</b></p> <p>Salmon w/Lemon Butter Cal: 544  Brussels Sprouts Fat: 20  Red Bliss Potatoes Na: 420  Multigrain Bread Chol: 41  Fresh Fruit Carb: 63</p>	<p><b>27</b></p> <p>Chicken Souvlaki Cal: 547  Green Peas Fat:19  Lemon Rice Na:241  Fresh Orange Chol: 71  Carb: 60</p>	<p><b>28</b></p> <p>Shepherd's Pie Cal: 589  Steamed Spinach Fat: 25  Mashed Potato Topping Na: 400  Sugar Free Cookie Chol: 78  Carb: 65</p>
<p><b>31</b></p> <p>HOLIDAY- NO MEALS</p>		<p><b>Meal totals include milk and margarine on days it is included with the meal</b></p>	<p><b>Key:</b>  Cal= Calories  Fat= gm Fat  Na= mg Sodium  Chol= mg Cholesterol  Carb=gm Carbohydrate</p>	<p>For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 136  <b>Suggested voluntary Donation \$2.00 per meal</b>  <b>Menu subject to change.</b></p>