

May 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	
3 Turkey Burger w/Cuban Sce Cal:553 Tuscan Blend Veg Pro: 22 White Rice Na: 505 Sliced Bread K+: 552 Diet Pudding Phos:233	4 Golden BBQ Chicken Cal:494 Tossed Salad w/House Pro: 23 Couscous Na: 518 Fresh Grapes K+: 760 Phos: 293	5 Fish Tacos Cal:519 Cilantro Slaw Pro: 26 Yellow Rice Na: 451 Flour Tortilla K+: 738 Pears Phos:287	6 Beef Lo Mein Cal:501 Steamed Broccoli Pro: 19 Garlic Green Beans Na: 271 Sliced Bread K+: 809 Fresh Apple Phos: 261	7 Chicken Marsala Cal:500 Over Elbow Pasta Pro: 29 Brussels Sprouts Medley Na: 521 Sliced Bread K+: 822 Chilled Pears Phos: 338					
10 Pasta Primavera Cal:535 Green Peas Pro: 19 Sliced Bread Na: 286 Fresh Apple K+: 759 Tropical Fruit Phos: 290	11 Apple Glazed Pork Cal:509 California Blend Veg Pro: 24 White Rice Na: 314 Sliced Bread K+: 725 Fresh Plum Phos: 284	12 American Chop Suey Cal:521 Vegetable Medley Pro: 24 Sliced Bread Na: 460 Fruit Cocktail K+: 760 Phos:287	13 Balsamic Chicken Cal:501 Sliced Carrots Pro: 23 White Rice Na: 254 Sliced Bread K+: 798 Chilled Pears Phos: 281	14 Butternut Mac and Cheese Cal:539 Green Peas Pro: 25 Sliced Bread Na: 495 Sugar Free Pudding K+: 529 Phos: 466					
17 Roast Pork w/Gravy Cal:540 Tossed Salad w/Ranch Pro: 24 Couscous Na: 398 Warmed Pineapple K+: 714 Phos: 268	18 Meatloaf w/Gravy Cal:551 Cauliflower Pro: 24 Penne pasta Na: 419 Sliced Bread K+: 760 Chilled Pears Phos: 270	19 Chicken Fajitas Cal:529 Fajita Blend Veg Pro: 29 Yellow Rice Na: 456 Flour Tortilla K+: 366 Diet Cookies Phos:286	20 Oven Baked Fish Cal:547 Mixed Vegetables Pro: 21 Wild Rice Na: 412 Sliced Bread K+: 751 Watermelon Phos: 295	21 Chicken w/country gravy Cal:526 Collard Greens Pro: 29 White Rice Na: 351 Whole Wheat Bread K+: 750 Chilled Peaches Phos: 298					
24 Roast Pork w/Orange Sauce Cal:524 Steamed Carrots Pro: 23 Rice Na: 345 Sliced Bread K+: 752 Chilled Pears Phos: 327	25 Broccoli Alfredo Cal:558 Tossed Salad w/House Pro: 15 Spiced Fruit Na: 479 K+: 705 Phos: 377	26 Baked Fish w/Lemon Butter Cal:504 Brussels Sprouts Pro: 22 Rice Na: 346 Sliced Bread K+: 548 Sugar Free Cookies Phos:223	27 Chicken Souvlaki Cal:555 Green Peas Pro: 29 Lemon Rice Na: 322 Sliced Bread K+: 594 Fresh Orange Phos:323	28 Shepherd's Pie Cal:526 Steamed Corn Pro: 21 Sliced Bread Na: 421 Sugar Free Cookies K+: 645 Phos: 267					
31 HOLIDAY- NO MEALS			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.					