

October 2022 Greater Springfield Senior Services, Inc. CARDIAC/DIABETIC MENU UPDATED 09/01/2022
 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 Mac & Cheese Cal: 293 Steamed Broccoli Fat:14 LS Wheat Bread Na:293 Diet Pudding Chol:33 Carb:27		4 Shepherd's Pie Cal:356 Steamed Peas Fat:17 Mashed Potato Topping Na:259 LS Wheat Bread Chol:73 Spiced Pears Carb:26		5 BBQ Pulled Pork Cal: 500 Glazed Carrots Fat:19 ½ Baked Sweet Potato Na:606 LS Wheat Bread Chol:80 Diet Cookies Carb:24		6 Fish Nuggets w/Tartar Cal: 370 Brussels Sprouts Fat:14 Brown Rice Pilaf Na: 506 LS Wheat Bread Chol: 31 Chilled Peaches Carb:48		7 Cranberry Chicken Cal: 533 Green Beans Fat:3 Scalloped Potatoes Na:319 LS Wheat Bread Chol:76 Mandarin Oranges Carb:88	
10 HOLIDAY- NO MEALS		11 American Chop Suey Cal: 417 Roman Blend Veg Fat:12 LS Wheat Bread Na: 246 SF Cookie Chol: 48 Carb:56		12 LS Ham and Swiss Sandwich Cal: 370 Minestrone Soup Fat:13 Sweet Potato Wedges Na: 630 LS Wheat Bread Chol:39 Peach Crisp Carb:36		13 Jamaican Jerk Chicken Cal: 477 Steamed Broccoli Fat:22 Coconut Rice Na: 331 LS Wheat Bread Chol: 65 Mixed Fruit Carb:40		14 Roasted Red Pepper Chx Cal: 316 Tossed Salad w/Italian Fat:7 Penne Pasta Na: 357 LS Wheat Bread Chol: 65 SF Jello Carb:32	
17 Turkey Bean Chili Cal: 397 Sour Cream Pkt Fat:9 Green Beans Na: 407 ½ Baked Potato Chol:85 LS Wheat Bread Carb:53 Fresh Fruit		18 Potato Pollock Cal: 362 Steamed Broccoli Fat:16 Lemon Rice Na:358 LS Wheat Bread Chol:35 Chilled Pears Carb:40		19 BIRTHDAY CELEBRATION Broc. Cheddar Stuffed Chx Cal: 358 Steamed Cauliflower Fat:14 Sweet Potatoes Na: 460 LS Wheat Bread Chol: 50 Pound Cake Carb:40		20 Meatloaf w/ Mushroom Gravy Cal: 326 Fat:16 Stewed Zucchini Na:563 Steamed Peas Chol:45 LS Wheat Bread Carb:25 Diet Cookies		21 Broccoli Alfredo Pasta Cal: 290 Steamed Spinach Fat:13 LS Wheat Bread Na: 570 Chilled Peaches Chol:24 Carb:32	
24 Ravioli w/Meat Sauce Cal: 397 Italian Blend Veg Fat:12 LS Wheat Bread Na:268 Diet Cookie Chol: 55 Carb:39		25 Chicken Nuggets Cal: 390 Green Beans Fat:16 Steamed Corn Na: 409 LS Wheat Bread Chol:59 SF Jello Carb:46 Ketchup Packet		26 Pot Roast w/Gravy Cal: 293 Steamed Broccoli Fat:6 Garlic Mashed Potatoes Na: 93 LS Wheat Bread Chol:63 Fresh Fruit Carb:28		27 Turkey Sloppy Joe Cal: 441 Coleslaw Fat:12 Sweet Potato Puffs Na: 461 LS Bread Chol:55 Mixed Fruit Carb:62		28 Butter Crumb Fish Cal: 396 Tartar Sauce Fat:15 Steamed Carrots Na:630 Rice Pilaf Chol:90 LS Wheat Bread Carb:36 Chilled Apricots	
31 HALLOWEEN MEAL Chilling Chicken Pot Pie Cal: 423 Spooky Steamed Green Beans Fat:18 Broomstick Biscuit Topping Na:491 Frightening Fudge Cookie Chol:72 Carb:32		Nutrient analysis does NOT include milk, bread, or dessert.		Suggested voluntary Donation \$2.00 per meal Menu subject to change.		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	