

October 2022

Greater Springfield Senior Services, Inc.

RENAL 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: 526 Steamed Broccoli Pro:24 LS Wheat Bread Na: 486 Diet Pudding K+: 777 Phos:387		4 Shepherd's Pie Cal:584 Steamed Peas Pro:29 Mashed Potato Topping Na:387 LS Wheat Bread K+:808 Spiced Pears Phos:208		5 BBQ Pulled Pork Cal:641 Glazed Carrots Pro:29 Yellow Rice Na:738 LS Wheat Bread K+:661 Diet Cookies Phos:223		6 Fish Nuggets w/Tartar Cal:577 Brussels Sprouts Pro:21 White Rice Na:584 LS Wheat Bread K+:669 Chilled Peaches Phos:289		7 Cranberry Chicken Cal:519 Green Beans Pro:33 Steamed Corn Na:378 LS Wheat Bread K+:693 Mandarin Oranges Phos:45	
10 HOLIDAY- NO MEALS		11 American Chop Suey Cal:672 Roman Blend Veg Pro:29 LS Wheat Bread Na: 456 SF Cookie K+:461 Phos:199		12 LS Ham and Swiss Sandwich Cal:633 Minestrone Soup Pro:29 Sweet Potato Wedges Na:736 LS Wheat Bread K+:510 Peach Crisp Phos:204		13 Jamaican Jerk Chicken Cal:675 Steamed Broccoli Pro:37 Coconut Rice Na:415 LS Wheat Bread K+:681 Mixed Fruit Phos:285		14 Roasted Red Pepper Chx Cal:597 Tossed Salad w/Italian Pro:36 Penne Pasta Na:583 LS Wheat Bread K+:497 SF Jello Phos:195	
17 Turkey Bean Chili Cal:595 Sour Cream Pkt Pro:32 Green Beans Na:484 White Rice K+:953 LS Wheat Bread Phos:297 Fresh Fruit		18 Potato Pollock Cal:555 Steamed Broccoli Pro:20 Lemon Rice Na:442 LS Wheat Bread K+: 573 Chilled Pears Phos: 50		19 BIRTHDAY CELEBRATION Broc. Cheddar Stuffed Chx Cal:662 Steamed Cauliflower Pro:26 Sweet Potatoes Na:780 LS Wheat Bread K+:537 Pound Cake Phos:67		20 Meatloaf w/ Cal:550 Mushroom Gravy Pro:25 Stewed Zucchini Na:703 Steamed Peas K+:611 LS Wheat Bread Phos:327 Diet Cookies		21 Broccoli Alfredo Pasta Cal:501 Steamed Spinach Pro:20 LS Wheat Bread Na:656 Chilled Peaches K+:626 Phos:132	
24 Ravioli w/Meat Sauce Cal:691 Italian Blend Veg Pro:39 LS Wheat Bread Na:453 Diet Cookie K+:796 Phos:180		25 Chicken Nuggets Cal: 544 Green Beans Pro: 27 Steamed Corn Na: 524 LS Wheat Bread K+: 280 SF Jello Phos:31 Ketchup Packet		26 Pot Roast w/Gravy Cal: 527 Steamed Broccoli Pro: 35 White Rice Na: 135 LS Wheat Bread K+: 591 Fresh Fruit Phos:249		27 Turkey Sloppy Joe Cal: 509 Coleslaw Pro: 24 Sweet Potato Puffs Na: 481 LS Bread K+: 881 Mixed Fruit Phos:161		28 Butter Crumb Fish Cal: 598 Tartar Sauce Pro: 34 Steamed Carrots Na: 714 Rice Pilaf K+: 512 LS Wheat Bread Phos:66 Chilled Apricots	
31 HALLOWEEN MEAL Chilling Chicken Pot Pie Cal:587 Spooky Steamed Green Beans Pro: 33 Broomstick Biscuit Topping Na: 591 Frightening Fudge Cookie K+: 263 Phos:102				Suggested voluntary Donation \$2.00 per meal Menu subject to change.		Key: Cal= Calories Pro= gm Protein Na= mg Sodium K+= mg Potassium Phos= mg Phosphorous		For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 136	