

November 2022

Greater Springfield Senior Services, Inc.

CARDIAC/DIABETIC MENU Updated:9/27/2022

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
Key: Cal= Calories Chol= mg Cholesterol Fat= gm Fat Carb= gm Carbohydrate Na= mg Sodium	1 Swedish Meatballs Cal: 477 Parslied Carrots Fat: 21 Over Egg Noodles Na:402 LS Wheat Bread Chol:99 Fresh Fruit Carb:50	Turkey Taco Bowl Cal:263 Corn Salad Fat:5 Yellow Rice Na:277 Flour Tortilla Chol:76 Diet Cookie Carb:30	3 Hot Ham & Swiss Cal:392 Tater Tots Fat:17 Minestrone Soup Na:526 ½ Pita Bread Chol:39 Mixed Fruit Carb:39	4 Chicken Parm Cal: 373 Tossed Salad w/Italian Fat: 7 Penne Pasta w/Sauce Na:401 LS Wheat Bread Chol:66 Chilled Peaches Carb:44
7 Fish Sticks w/Tartar Cal: 441 Broccoli Fat: 17 Sweet Potato Fries Na:549 LS Wheat Bread Chol:43 Sugar Free Jello Carb:51	8 Honey Ginger Meatballs Cal: 360 Oriental Blend Veg Fat:16 White Rice Na:251 LS Wheat Bread Chol:41 Applesauce Carb:40	9 Turkey Dog Cal: 646 Seasoned Green Beans Fat:34 Potato Salad Na:616 LS Hot Dog Bun Chol:91 Fruit Ambrosia Carb:65	10 Baked Chicken w/Gravy Cal: 402 Collard Greens Fat: 19 Mashed Butternut Squash Na:258 Baking Powder Biscuit Chol: 118 Diet Cookie Carb: 33	11 HOLIDAY- NO MEALS
14 Sausage Patty w/ SF Syrup Cal: 319 Scrambled Eggs Fat: 16 Spiced Apples Na:338 LS Wheat Bread Chol:33 Chilled Apricots Carb:207	15 Cheese Lasagna w/Sauce Cal: 395 Steamed Peas Fat: 13 Tossed Salad w/Italian Na:565 LS Wheat Bread Chol: 35 Chilled Peaches Carb: 48	16 THANKSGIVING MEAL Roast Turkey w/Gravy Cal: 289 Green Beans Fat:7 Mashed Potatoes Na:447 Cranberry Stuffing Chol:45 SF Chocolate Pie Carb: 33	17 Turkey Burger w/Swiss Cal: 480 Onions & Mushrooms Fat: 25 Steamed Corn Na:550 LS Wheat Bread Chol: 136 Mandarin Oranges Carb: 31 Ketchup	18 Shrimp Scampi Cal: 674 California Blend Veg Fat: 33 Spaghetti Noodles Na:306 LS Wheat Bread Chol:211 Fresh Fruit Carb:70
21 Mac & Chz Cal: 531 Stewed Tomatoes Fat: 16 LS Wheat Bread Na:559 Mixed Fruit Chol:33 Carb:79	22 Beef Stew Cal: 462 Mashed Potatoes Fat: 15 LS Wheat Bread Na:143 Sugar Free Jello Chol: 88 Carb: 47	23 Crab Cake w/tartar Cal: 361 Coleslaw Fat: 19 Steamed Corn Na:663 LS Wheat Bread Chol: 17 Fresh Fruit Carb: 47	24 HOLIDAY- NO MEALS	25 Meatball Grinder Cal:422 Onions & Peppers Fat:23 Tater Tots Na:374 LS Hot Dog Bun Chol:63 Sugar Free Jello Carb:33
28 "Lazy" Stuffed Cabbage Cal: 379 Roast Beets Fat: 21 LS Wheat Bread Na:363 Sugar Free Jello Chol:73 Carb:23	29 Cranberry Orange Chicken Cal: 334 Glazed Carrots Fat: 5 Scalloped Potatoes Na:501 LS Wheat Bread Chol:75 Mandarin Oranges Carb: 24	30 BIRTHDAY CELEBRATION BBQ Pulled Pork Cal: 466 Steamed Spinach Fat:21 Baked Sweet Potato Na:533 LS Wheat Bread Chol:80 Diet Cake Carb:32	Meal analysis does NOT Include dessert, milk, Bread, and margarine.	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.