

November 2022

Greater Springfield Senior Services, Inc.

RENAL MENU Updated 09/28/2022

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
Meal analysis includes sugar-free juice and margarine Key: Cal= Calories Chol= mg Cholesterol Fat= gm Fat Carb= gm Carbohydrate Na= mg Sodium	1 Swedish Meatballs Cal: 673 Parslied Carrots Pro: 31 Over Egg Noodles Na:440 LS Wheat Bread K+: 524 Fresh Fruit Phos: 143	Turkey Taco Bowl Cal: 508 Corn Salad Pro: 30 Yellow Rice Na: 603 Flour Tortilla K+: 446 Diet Cookie Phos:285	3 Hot Ham & Swiss Cal: 632 Sweet Potato Fries Pro:29 Minestrone Soup Na: 783 LS Wheat Bread K+: 528 Mixed Fruit Phos: 179	4 Chicken Parm Cal:584 Tossed Salad w/Italian Pro:40 Penne Pasta w/Sauce Na:486 LS Wheat Bread K+:551 Chilled Peaches Phos:127
7 Fish Sticks w/Tartar Cal: 595 Broccoli Pro: 22 Sweet Potato Fries Na: 664 LS Wheat Bread K+: 516 Sugar Free Jello Phos:38	8 Honey Ginger Meatballs Cal:585 Oriental Blend Veg Pro:22 White Rice Na:340 LS Wheat Bread K+:609 Applesauce Phos:75	9 Turkey Dog Cal:691 Seasoned Green Beans Pro:20 Macaroni Salad Na:591 LS Hot Dog Bun K+:846 Fruit Ambrosia Phos:149	10 Baked Chicken w/Gravy Cal: 669 Collard Greens Pro: 30 Mashed Butternut Squash Na: 550 Baking Powder Biscuit K+: 638 Diet Cookie Phos:107	11 HOLIDAY- NO MEALS Cal:553 Pro: 25 Na: 507 K+:611 Phos:327
14 Sausage Patty w/SF Syrup Cal: 543 Scrambled Eggs Pro: 18 Spiced Apples Na: 428 LS Wheat Bread K+: 216 Chilled Apricots Phos:71	15 Cheese Lasagna w/Sauce Cal: 565 Steamed Peas Pro: 19 Tossed Salad w/Italian Na: 660 LS Wheat Bread K+: 774 Chilled Peaches Phos:180	16 THANKSGIVING MEAL Roast Turkey w/Gravy Cal:569 Green Beans Pro:22 Whipped Sweet Potatoes Na:706 Cranberry Stuffing K+:596 SF Chocolate Pie Phos: 64	17 Turkey Burger w/Swiss Cal: 671 Onions & Mushrooms Pro: 41 Steamed Corn Na: 636 LS Wheat Bread K+: 685 Mandarin Oranges Phos:213 Ketchup	18 Shrimp Scampi Cal:818 California Blend Veg Pro:37 Spaghetti Noodles Na:386 LS Wheat Bread K+:729 Fresh Fruit Phos:92
21 Mac & Chz Cal: 538 Steamed Peas Pro: 23 LS Wheat Bread Na: 487 Mixed Fruit K+: 535 Phos:281	22 Beef Stew Cal: 662 White Rice Pro: 37 LS Wheat Bread Na: 235 Sugar Free Jello K+: 705 Phos:185	23 Crab Cake w/tartar Cal: 582 Coleslaw Pro: 14 Steamed Corn Na: 744 LS Wheat Bread K+: 528 Fresh Fruit Phos:45	24 HOLIDAY- NO MEALS	25 Meatball Grinder Cal: 597 Onions & Peppers Pro:26 Sweet Potato Fries Na:671 LS Hot Dog Bun K+:842 Sugar Free Jello Phos:56
28 "Lazy" Stuffed Cabbage Cal:533 Roast Beets Pro:30 LS Wheat Bread Na:478 Sugar Free Jello K+:833 Phos:232	29 Cranberry Orange Chicken Cal: 555 Glazed Carrots Pro: 32 Parslied Rice Na: 646 LS Wheat Bread K+: 831 Mandarin Oranges Phos:252	30 BIRTHDAY CELEBRATION BBQ Pulled Pork Cal:725 Steamed Spinach Pro:32 White Rice Na:738 LS Wheat Bread K+:763 Diet Cake Phos:253		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.