

SEPTEMBER 2022

Greater Springfield Senior Services, Inc.

CARDIAC/DIABETIC MENU UPDATED 7/29/2022

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	
<p>Suggested voluntary Donation \$2.00 per meal. Menu subject to change Without notice.</p>		<p>Key: Cal= Calories Fat= gm Fat Na= mg Sodium Chol= mg Cholesterol carb= mg Carbohydrates</p>		<p>For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 136 Nutrient analysis excludes milk, bread, & dessert.</p>		<p>1 Rosé Chicken Cal: 444 Roman Blend Veg Fat:7 Bowtie Pasta Na:372 LS Wheat Bread Chol:70 Fruit Ambrosia Carb:53</p>		<p>2 Turkey Chili w/sour cream Cal: 362 California Blend Veg Fat:8 ½ Baked Potato Na:374 Cornbread Mini Loaf Chol:70 SF Jello Carb:55</p>	
<p>5 HOLIDAY NO MEALS</p>		<p>6 Penne Pasta Bake Cal: 410 Steamed Peas Fat:11 Tuscan Blend Veg Na:420 LS Wheat Bread Chol:24 Sugar Free Cookies Carb:55</p>		<p>7 Grilled Chx Sandwich Cal: 395 Coleslaw Mayo Pkt Fat:17 Sweet Potato Wedges Na:374 Hamburger Bun Chol:76 Mixed Fruit Carb:27</p>		<p>8 Butter Crumb Fish Cal: 418 Steamed Broccoli Fat:19 Lemon Rice Na:602 LS Wheat Bread Chol:90 Chilled Pears Carb:31</p>		<p>9 Dijon Herb Chicken Cal: 327 Dill Carrots Fat:10 Oven Roasted Potatoes Na:242 LS Wheat Bread Chol:70 Chilled Pineapple Carb:31</p>	
<p>12 GRANDPARENTS DAY Chicken Pesto Pasta Cal: 503 Over Spaghetti Noodles Fat:19 Steamed Spinach Na:385 LS Wheat Bread Chol:53 Strawberries & Whip Top Carb:51</p>		<p>13 Chicken Marsala Cal: 305 Steamed Broccoli Fat:4 Rice Pilaf Na:599 LS Wheat Bread Chol:62 Fresh Fruit Carb:38</p>		<p>14 COLD PLATE Cape Cod Tuna Salad Cal: 310 Coleslaw Fat:16 Pickled Beets Na:630 LS Wheat Bread Chol:37 Chilled Applesauce Carb:27</p>		<p>15 Maple Glazed Turkey Cal: 218 Steamed Peas Fat:1 Butternut Squash Na:379 LS Wheat Bread Chol:30 Sugar Free Cookie Carb:27</p>		<p>16 Open Face LS Ham & Swiss - Sandwich Cal: 370 Fat:13 Tater Tots Na:630 Minestrone Soup Chol:39 LS Wheat Bread Carb:36 Mixed Fruit</p>	
<p>19 Chicken Pot Pie Cal: 423 Green Beans Fat:18 Biscuit Topping Na:491 Spiced Pear Chol:72 Carb:32</p>		<p>20 Roasted Red Pepper - Ravioli Cal: 380 Fat:17 Steamed Zucchini Na:446 Italian Blend Veg Chol:38 LS Wheat Bread Carb:37 SF Jello</p>		<p>21 BIG E BAKED POTATO Baked Potato Cal: 456 Broccoli & Cheddar Fat:22 Bacon Bits & Sour Cream Na:466 LS Wheat Bread Chol:57 Diet Fudge Cookie Carb:47</p>		<p>22 Fish Tacos Cal: 378 Cilantro Coleslaw Fat:28 Yellow Rice Tartar Sce Na:497 Flour Tortilla Chol:49 Chilled Peaches Carb:21</p>		<p>23 Swedish Meatballs Cal: 517 Glazed Carrots Fat:24 Egg Noodles Na:368 LS Wheat Bread Chol:95 Fresh Fruit Carb:53</p>	
<p>26 BIG E STYLE BURGER Turkey Burger w/Swiss Onions & Mushrooms Cal: 512 Fat:27 Sweet Potato Wedges Na:681 LS Wheat Bread Chol:136 Fresh Fruit Carb:27</p>		<p>27 Roast Pork w/Gravy Cal: 376 California Blend Veg Fat:16 Mashed Potatoes Na:200 LS Wheat Bread Chol:77 Sugar Free Cookie Carb:29</p>		<p>28 COLD PLATE Turkey & Cheddar Cal: 377 Tossed Salad w/Italian Fat:23 Green Bean Apple Salad Na:461 LS Wheat Bread Chol:59 Mixed Fruit Carb:15</p>		<p>29 Potato Pollock Filet Cal: 426 Sautéed Spinach Fat:21 Rice Pilaf Tartar Sce Na:560 LS Wheat Bread Chol:46 Mandarin Oranges Carb:45</p>		<p>30 SEPT. BDAY MEAL Meatloaf w/Gravy Cal: 594 Brussels Sprouts Fat:16 Scalloped Potatoes Na:494 LS Wheat Bread Chol:45 Diet Cake Carb:83</p>	