

SEPTEMBER 2022

Greater Springfield Senior Services, Inc.

RENAL 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 Pro= gm Fat Na= mg Sodium K+= mg Potassium Phos= mg Phosphorous</p>		<p>For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 136</p>		<p>1 Rosé Chicken Cal: 610 Roman Blend Veg Pro:36 Bowtie Pasta Na:375 LS Wheat Bread K+:641 Fruit Ambrosia Phos:285</p>		<p>2 Turkey Chili w/sour cream Cal:524 California Blend Veg Pro:25 White Rice Na:499 Cornbread Mini Loaf K+:737 SF Jello Phos:219</p>	
<p>5 HOLIDAY NO MEALS</p>		<p>6 Penne Pasta Bake Cal: 807 Steamed Peas Pro:34 Tuscan Blend Veg Na:705 LS Wheat Bread K+:782 Sugar Free Cookies Phos:279</p>		<p>7 Grilled Chx Sandwich Cal: 584 Coleslaw Mayo Pkt Pro: 34 Sweet Potato Wedges Na:607 Hamburger Bun K+:862 Mixed Fruit Phos:283</p>		<p>8 Butter Crumb Fish Cal:611 Steamed Broccoli Pro:35 Lemon Rice Na:686 LS Wheat Bread K+:341 Chilled Pears Phos:63</p>		<p>9 Dijon Herb Chicken Cal:570 Dill Carrots Pro:38 Egg Noodles Na:301 LS Wheat Bread K+:737 Chilled Pineapple Phos:318</p>	
<p>12 GRANDPARENT'S DAY Chicken Pesto Pasta Cal:780 Over Spaghetti Noodles Pro: 38 Steamed Spinach Na:466 LS Wheat Bread K+:512 Strawberries & Whip Top Phos:168</p>		<p>13 Chicken Marsala Cal:526 Steamed Broccoli Pro: 34 Rice Pilaf Na:680 LS Wheat Bread K+: 647 Fresh Fruit Phos:307</p>		<p>14 COLD PLATE Cape Cod Tuna Salad Cal:535 Coleslaw Pro:21 Pickled Beets Na:719 LS Wheat Bread K+:600 Chilled Applesauce Phos:50</p>		<p>15 Maple Glazed Turkey Cal:496 Steamed Peas Pro:28 Butternut Squash Na:588 LS Wheat Bread K+:745 SF Cookie Phos:53</p>		<p>16 Open Face LS Ham & Swiss - Sandwich Cal:571 Sweet Potato Wedges Pro:28 Minestrone Soup Na:735 LS Wheat Bread K+:419 Mixed Fruit Phos:179</p>	
<p>19 Chicken Pot Pie Cal:524 Green Beans Pro:32 Biscuit Topping Na:565 Spiced Pear K+:363 Phos:114</p>		<p>20 Roasted Red Pepper - Ravioli Cal: 520 Steamed Zucchini Pro:29 Italian Blend Veg Na: 546 LS Wheat Bread K+:604 Phos:84 SF Jello</p>		<p>21 BIG E STYLE BAKE Mashed Cauliflower Cal:684 Broccoli & Cheddar Pro:25 Bacon Bits & Sour Cream Na:723 LS Wheat Bread K+:498 Diet Fudge Cookie Phos:381</p>		<p>22 Fish Tacos Cal: 624 Cilantro Coleslaw Pro: 18 Yellow Rice Tartar Sce Na: 658 Flour Tortilla K+: 325 Chilled Peaches Phos:46</p>		<p>23 Swedish Meatballs Cal: 676 Glazed Carrots Pro: 29 Egg Noodles Na: 456 LS Wheat Bread K+: 498 Fresh Fruit Phos:125</p>	
<p>26 BIG E STYLE BURGER Turkey Burger w/Swiss Cal: 687 Onions & Mushrooms Pro: 26 Sweet Potato Wedges Na: 761 LS Wheat Bread K+: 834 Fresh Fruit Phos:211</p>		<p>27 Roast Pork w/Gravy Cal:647 California Blend Veg Pro:36 White Rice Na:388 LS Wheat Bread K+:710 Sugar Free Cookie Phos:260</p>		<p>28 COLD PLATE Turkey & Cheddar Cal:576 Tossed Salad w/Italian Pro:30 Green Bean Apple Salad Na: 546 LS Wheat Bread K+:806 Mixed Fruit Phos:197</p>		<p>29 Potato Pollock Filet Cal:618 Sautéed Spinach Pro:22 Rice Pilaf Tartar Sce Na: 646 LS Wheat Bread K+: 816 Mandarin Oranges Phos:99</p>		<p>30 SEPT. BDAY MEAL Meatloaf w/Gravy Cal:615 Brussels Sprouts Pro:25 White Rice Na:726 LS Wheat Bread K+:435 Diet Cake Phos:81</p>	