

March 2023

Greater Springfield Senior Services, Inc.

CARDIAC MENU UPDATED 01/23/2023

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	
Nutrient analysis excludes milk, bread, And margarine. For more Information call GSSSI Dietitian at 413-781-8806 X 136		Key: Cal= Calories Fat= gm Fat Na= mg Sodium Chol= mg Cholesterol Carb= gm Carbohydrate		1 Jamaican Jerk Chicken Cal:490 Green Beans Fat:22 Coconut Rice Na: 327 LS Wheat Bread Chol: 65 Mixed Fruit Carb:42		2 Honey Ginger Meatballs Cal:391 Pacific Blend Veg Fat:18 White Rice Na:258 LS Wheat Bread Chol:41 Applesauce Carb:41		3 Roasted Red Pepper Ravioli Cal:283 Steamed Broccoli Fat:8 LS Wheat Bread Na:317 Diet Cookie Chol:67 Carb:38	
6 Penne w/Meat Sauce Cal:449 California Blend Veg Fat:14 Tossed Salad w/Italian Na:543 LS Wheat Bread Chol:32 Chilled Peaches Carb:59		7 Sausage Patty Cal:317 Egg Omelet Fat:20 Spiced Apples Na:634 LS Wheat Bread Chol:291 Chilled Pears Carb:15		8 Chicken & Gravy Cal:369 Green Beans Fat:14 White Rice Na:95 LS Wheat Bread Chol:66 Diet Cake Carb:34		9 Turkey w/Dijon Sauce Cal:274 Parslied Carrots Fat:3 Rice Pilaf Na:484 LS Wheat Bread Chol:30 Sugar Free Cookie Carb:36		10 Shrimp Scampi Cal: 461 Steamed Peas Fat: 15 Spaghetti Noodles Na:579 LS Wheat Bread Chol:109 Fresh Fruit Carb:47	
13 Turkey Burger w/Swiss Cal: 465 Onions & Mushrooms Fat:25 Oven Roasted Potatoes Na:482 LS Wheat Bread Chol:110 Mixed Fruit Carb:29 Ketchup Pkt		14 Low Sodium Ham Cal:313 Pineapple Sauce Fat:6 Green Beans Na:463 White Rice Chol:46 LS Wheat Bread Carb:46 Applesauce		15 Lemon Pepper Salmon Cal:302 Coleslaw Fat:10 Steamed Corn Na:319 LS Wheat Bread Chol:47 Fresh Fruit Carb:32		16 Chicken Teriyaki Cal:310 Steamed Broccoli Fat:6 Brown Rice Na:550 LS Wheat Bread Chol:76 Diet Cookie Carb:36		17 Irish Beef Stew Cal:375 Braised Cabbage Fat:17 Mashed Potatoes Na:272 LS Wheat Bread Chol:89 SF Jello w/Topping Carb:29	
20 Mac & Chz Cal:304 Brussels Sprouts Fat:14 LS Wheat Bread Na:296 Diet Cookie Chol:33 Carb:29		21 Shepherd's Pie Cal:382 Steamed Peas Fat:14 Mashed Potato Topping Na:267 LS Wheat Bread Chol:70 Spiced Peaches Carb:37		22 BBQ Pulled Pork Cal:421 Steamed Spinach Fat:19 White Rice Na:418 LS Wheat Bread Chol:64 Diet Cookie Carb:30		23 Cranberry Orange Chicken Cal:334 California Blend Veg Fat:5 Roasted Red Potatoes Na:480 LS Wheat Bread Chol:60 Fresh Fruit Carb:51		24 Butter Crumb Fish Cal:399 Green Beans Tartar Sc Fat:18 Lemon Rice Na:546 LS Wheat Bread Chol:55 Chilled Pears Carb:37	
27 American Chop Suey Cal:368 Roman Blend Veg Fat:11 LS Wheat Bread Na:224 Rice Krispie Treat Chol:48 Carb:44		28 Braised Pork w/ Gravy Cal: 546 Steamed Peas Fat:22 Mashed Potatoes Na:374 LS Wheat Bread Chol:55 Fresh Fruit Carb:61		29 Chicken Divan Cal:459 Steamed Broccoli Fat:19 Egg Noodles Na:371 LS Wheat Bread Chol:105 Peach Crisp Carb:41		30 LS Turkey Dog Cal:518 Herbed Green Beans Fat:24 Macaroni Salad Na:509 LS Wheat Bread Chol:57 Mixed Fruit Carb:57		31 Roasted Red Pepper Chx Cal:323 Tossed Salad w/Italian Fat:7 Penne Pasta Na:360 LS Wheat Bread Chol:65 SF Jello w/topping Carb:33	