

March 2023

Greater Springfield Senior Services, Inc.

RENAL MENU UPDATED 01/23/2023

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>Nutrient analysis Includes juice, bread, And margarine. <b>For more Information call GSSSI Dietitian at 413-781-8806 X 136</b></p>	<p><b>Key:</b> Cal= Calories Pro= gm Protein Na= mg Sodium K+= mg Potassium Phos= gm Phosphorous</p>	<p><b>1</b> Jamaican Jerk Chicken      Cal:689 Green Beans                      Pro:36 Coconut Rice                    Na:412 LS Wheat Bread                K+:739 Mixed Fruit                        Phos:275</p>	<p><b>2</b> Honey Ginger Meatballs      Cal: 617 Pacific Blend Veg                Pro:23 White Rice                        Na: 347 LS Wheat Bread                K+:636 Chilled Applesauce            Phos:41</p>	<p><b>3</b> Roasted Red Pepper Ravioli    Cal:500 Steamed Broccoli                Pro:24 LS Wheat Bread                Na:492 Diet Cookie                        K+:437 Phos:44</p>
<p><b>6</b> Penne w/Meat Sauce            Cal:609 California Blend Veg            Pro:26 Tossed Salad w/Italian        Na:474 LS Wheat Bread                K+:867 Chilled Peaches                Phos:132</p>	<p><b>7</b> Sausage Patty                    Cal: 510 Cheese Omelet                  Pro:22 Spiced Apples                  Na:718 LS Wheat Bread                K+:702 Chilled Pears                    Phos:389</p>	<p><b>8</b> Chicken &amp; Gravy                Cal:618 Green Beans                      Pro:32 White Rice                        Na:341 LS Wheat Bread                K+:511 Diet Cake                         Phos:198</p>	<p><b>9</b> Turkey w/Dijon Sauce         Cal:522 Parslied Carrots                Pro:25 Rice Pilaf                         Na:641 LS Wheat Bread                K+:666 Diet Cookie                        Phos:35</p>	<p><b>10</b> Shrimp Scampi                  Cal:651 Steamed Peas                    Pro:26 Spaghetti Noodles                Na:507 LS Wheat Bread                K+:710 Fresh Fruit                        Phos:93</p>
<p><b>13</b> Turkey Burger w/Swiss        Cal: 679 Onions &amp; Mushrooms            Pro: 41 Steamed Corn                    Na:635 LS Wheat Bread                K+: 632 Mixed Fruit                        Phos:217 Ketchup Pkt</p>	<p><b>14</b> Low Sodium Ham                Cal:503 Pineapple Sauce                Pro:23 Green Beans                      Na:555 White Rice                        K+:652 LS Wheat Bread                Phos:66 Applesauce</p>	<p><b>15</b> Lemon Pepper Salmon        Cal: 523 Coleslaw                         Pro: 14 Steamed Corn                    Na:321 LS Wheat Bread                K+: 799 Fresh Fruit                        Phos:48</p>	<p><b>16</b> Chicken Teriyaki                Cal:534 Steamed Broccoli                Pro:35 Brown Rice                        Na:685 LS Wheat Bread                K+:651 Diet Cookie                        Phos:53</p>	<p><b>17</b> Irish Beef Stew                 Cal:642 Braised Cabbage                Pro:27 White Rice                        Na:639 LS Wheat Bread                K+:701 SF Jello w/Topping              Phos:43</p>
<p><b>20</b> Mac &amp; Chz                        Cal:521 Brussels Sprouts                Pro:22 LS Wheat Bread                Na: 471 Diet Cookie                        K+: 517 Phos:307</p>	<p><b>21</b> Shepherd's Pie                 Cal:578 Steamed Peas                    Pro:17 Mashed Potato Topping        Na:351 LS Wheat Bread                K+:618 Spiced Peaches                 Phos:195</p>	<p><b>22</b> BBQ Pulled Pork                Cal:635 Steamed Spinach                Pro:29 White Rice                        Na:573 LS Wheat Bread                K+:659 Diet Cookie                        Phos:229</p>	<p><b>23</b> Cranberry Orange Chicken    Cal: 504 California Blend Veg            Pro:35 Buttered Noodles                Na:572 LS Wheat Bread                K+:706 Fresh Fruit                        Phos:380</p>	<p><b>24</b> Butter Crumb Fish              Cal:626 Green Beans                      Pro:38 Lemon Rice Tartar Sauce        Na:429 LS Wheat Bread                K+:861 Chilled Pears                    Phos:306</p>
<p><b>27</b> American Chop Suey            Cal:616 Roman Blend Veg                Pro:30 LS Wheat Bread                Na:392 Rice Krispie Treat                K+:616 Phos:253</p>	<p><b>28</b> Braised Pork w/ Gravy         Cal: 652 Steamed Peas                    Pro:28 White Rice                        Na:296 LS Wheat Bread                K+:705 Fresh Fruit                        Phos:187</p>	<p><b>29</b> Chicken Divan                  Cal:800 Steamed Broccoli                Pro:37 Egg Noodles                      Na:515 LS Wheat Bread                K+:586 Peach Crisp                        Phos:306</p>	<p><b>30</b> LS Turkey Dog                 Cal:693 Herbed Green Beans            Pro:22 Macaroni Salad                 Na:497 LS Wheat Bread                K+:900 Mixed Fruit                        Phos:159</p>	<p><b>31</b> Roasted Red Pepper Chx        Cal:512 Tossed Salad w/Italian        Pro:37 Penne Pasta                      Na:487 LS Wheat Bread                K+:630 SF Jello w/topping              Phos:212</p>