

April 2023

Greater Springfield Senior Services, Inc.

CARDIAC MENU UPDATED 02/23/2023

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	
3 Sweet & Sour Pork Cal: 392 Pacific Blend Veg Fat:18 White Rice Na:146 LS Wheat Bread Carb:33 Fresh Fruit Chol:69		4 Salmon Piccata Cal: 361 Steamed Broccoli Fat:8 Penne Pasta Na:251 LS Wheat Bread Carb:42 Chilled Pears Chol:45		5 SPRINGTIME MEAL Broccoli Cheddar Chx Cal: 319 Herbed Green Beans Fat:13 ½ Baked Sweet Potato Na:434 LS Wheat Bread Carb:30 Diet Cookie Chol:50		6 Salisbury Steak w/Gravy Cal: 396 Steamed Peas Fat:17 Mashed Potatoes Na:504 LS Wheat Bread Carb:38 Diet Cookie Chol:105		7 Broccoli Pasta Alfredo Cal: 290 Steamed Spinach Fat:13 LS Wheat Bread Na:570 Chilled Peaches Carb:32 Chol:24	
10 Roasted Red Pepper Ravioli Cal: 535 Italian Blend Veg Fat:30 LS Wheat Bread Na:441 Diet Cookie Carb:42 Chol:96		11 Lemon Chicken Cal: 325 Steamed Broccoli Fat:11 Rice Pilaf Na:443 LS Wheat Bread Carb:34 SF Jello w/Topping Chol:61		12 Turkey Sloppy Joe Cal: 380 Coleslaw Fat:13 Sunchips Na:611 LS Wheat Bread Carb:36 Mixed Fruit Chol:88		13 Pot Roast w/ Gravy Cal: 353 Brussels Sprouts Fat:9 Garlic Mashed Potatoes Na:170 LS Wheat Bread Carb:36 Fresh Fruit Chol:63		14 Butter Crumb Fish Cal: 392 Dill Carrots Fat:19 Lemon Rice Tartar Sauce Na:447 LS Wheat Bread Carb:37 Mandarin Oranges Chol:55	
17 HOLIDAY- NO MEALS		18 Chicken Pot Pie Cal: 323 Steamed Green Beans Fat:11 Biscuit Topping Na:444 Pear Crisp Carb:25 Chol:69		19 Turkey Taco Plate Cal: 553 Tossed Salad w/Ranch Fat:22 Yellow Rice Sour Cream Na:588 Tortilla Chips Carb:55 Chilled Peaches Chol:106		20 Ham & Swiss Sandwich Cal: 402 Coleslaw Fat:15 Roasted Sweet Potatoes Na:538 ½ Whole Wheat Pita Carb:47 Diet Cookies Chol:53		21 APRIL BIRTHDAY MEAL Chicken Marsala Cal: 284 Tossed Salad w/Italian Fat:3 Penne w/Sauce Na:169 LS Wheat Bread Carb:31 Birthday Cupcake Chol:67	
24 Rigatoni w/Pesto Sauce Cal: 402 Steamed Broccoli Fat:20 LS Wheat Bread Na:222 Diet Cookie Carb:42 Chol:49		25 Honey Ginger Meatballs Cal: 379 Pacific Blend Veg Fat:18 White Rice Na:260 LS Wheat Bread Carb:28 Chilled Applesauce Chol:41		26 COLD PLATE Turkey & Swiss Cal: 288 Lettuce/Tomato Fat:14 Coleslaw Na:596 LS Wheat Bread Carb:13 Fresh Fruit Chol:64		27 LS Turkey Dog Cal: 509 Herbed Green Beans Fat:24 Macaroni Salad Na:428 LS Wheat Bread Carb:55 Mixed Fruit Chol:57 Ketchup Packet		28 “Lazy” Stuffed Peppers Cal: 333 Peas & Onions Fat:14 LS Wheat Bread Na:177 Diet Jello w/Topping Carb:25 Chol:73	
		Nutrient analysis Includes entrée ONLY. Excluded milk, bread fruit.		Suggested voluntary Donation \$2.00 per meal Menu subject to change.		Key: Cal= Calories Fat= gm Fat Na= mg Sodium Carb= gm Carbohydrate Chol= mg Cholesterol		For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 136	