

April 2023

Greater Springfield Senior Services, Inc.

RENAL MENU UPDATED 02/21/2023

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: 631 Pacific Blend Veg Pro:31 White Rice Na:227 LS Wheat Bread K+:772 Fresh Fruit Phos:217		4 Salmon Piccata Cal:584 Steamed Broccoli Pro:29 Penne Pasta Na:387 LS Wheat Bread K+:808 Chilled Pears Phos:208		5 SPRINGTIME MEAL Broccoli Cheddar Chx Cal:614 Herbed Green Beans Pro:23 ½ Baked Sweet Potato Na:599 LS Wheat Bread K+:532 Diet Cookie Phos:61		6 Salisbury Steak w/Gravy Cal:690 Steamed Peas Pro:28 White Rice Na:651 LS Wheat Bread K+:585 Diet Cookie Phos:316		7 Broccoli Pasta Alfredo Cal:501 Steamed Spinach Pro:20 LS Wheat Bread Na:656 Chilled Peaches K+:626 Phos:132	
10 Roasted Red Pepper Ravioli Cal:660 Italian Blend Veg Pro:18 LS Wheat Bread Na:517 Diet Cookie K+:740 Phos:55		11 Lemon Chicken Cal:513 Steamed Broccoli Pro:31 Rice Pilaf Na:570 LS Wheat Bread K+:736 SF Jello w/Topping Phos:83		12 Turkey Sloppy Joe Cal:565 Coleslaw Pro:34 Sunchips Na:681 LS Wheat Bread K+:700 Mixed Fruit Phos:239		13 Pot Roast w/ Gravy Cal:531 Brussels Sprouts Pro:35 Egg Noodles Na:202 LS Wheat Bread K+:679 Fresh Fruit Phos:334		14 Butter Crumb Fish Cal:585 Dill Carrots Pro:24 Lemon Rice Tartar Sauce Na:534 LS Wheat Bread K+:719 Mandarin Oranges Phos:69	
17 HOLIDAY- NO MEALS		18 Chicken Pot Pie Cal:545 Steamed Green Beans Pro:33 Biscuit Topping Na:558 Pear Crisp K+: 343 Phos: 79		19 Turkey Taco Plate Cal:676 Zesty Corn Salad Pro:35 Yellow Rice Sour Cream Na:654 Tortilla Chips K+:725 Chilled Peaches Phos:317		20 Ham & Swiss Sandwich Cal:617 Coleslaw Pro:23 Roasted Sweet Potatoes Na:632 ½ Whole Wheat Pita K+:598 Diet Cookies Phos:243		21 APRIL BIRTHDAY MEAL Chicken Marsala Cal:533 Tossed Salad w/Italian Pro:39 Penne w/Sauce Na:415 LS Wheat Bread K+:404 Birthday Cupcake Phos:77	
24 Rigatoni w/Pesto Sauce Cal:666 Steamed Broccoli Pro:25 LS Wheat Bread Na:602 Diet Cookie K+:698 Phos:298		25 Honey Ginger Meatballs Cal: 617 Pacific Blend Veg Pro:23 White Rice Na: 347 LS Wheat Bread K+:636 Chilled Applesauce Phos:41		26 COLD PLATE Turkey & Swiss Cal: 509 Lettuce/Tomato Pro: 30 Coleslaw Na: 677 LS Wheat Bread K+: 808 Fresh Fruit Phos:216		27 LS Turkey Dog Cal: 693 Herbed Green Beans Pro: 22 Macaroni Salad Na: 497 LS Wheat Bread K+: 900 Mixed Fruit Phos:159		28 “Lazy” Stuffed Peppers Cal: 585 Peas & Onions Pro: 33 LS Wheat Bread Na: 323 Diet Jello w/Topping K+: 789 Phos:274	
				Suggested voluntary Donation \$2.00 per meal Menu subject to change.		Key: Cal= Calories Pro= gm Protein Na= mg Sodium K+= mg Potassium Phos= mg Phosphorous		For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 136	