NOVEMBER 2026 Greater Springfield Senior Services, Inc. RENAL MENU UPDATED 10/06/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Scampi Cal:625 Rotini Pasta Pro:31 Green Beans & Peppers Na:369 Wheat Roll K+:766 Applesauce Phos:297	**3** Honey Mustard Chicken Cal:670 Rice Pilaf Pro:31 Mixed Vegetables Na:535 Wheat Roll K+:728 Cookie Phos:297	**4** Turkey Meatloaf w/Gravy Cal:764 White Rice Pro:33 Carrots Na:372 Wheat Bread K+:773 Fresh Fruit Phos:319	**5** Balsamic Glazed Chicken Cal: 582 Elbow Noodles Pro:33 Broccoli Na:223 Wheat Bread K+:739 Applesauce Phos:311	**6** Beef Stew Cal: 675 White Rice Pro:30 Vegetable Medley Na:278 Wheat Bread K+:886 Fruit Cup Phos:229
9 Chicken with Cal:617 Cranberry Chutney Pro:32 Couscous Na:218 California Blend Vegetables K+:607 Wheat Bread Phos:264 Applesauce	**10** Salmon w/ Lemon Cal: 568 Orzo Pro:30 Broccoli Na:367 Dinner Roll K+:881 Cookie Phos:124	**11** **HOLIDAY- NO MEALS**	**12** Chicken Tacos Cal:656 White Rice Pro:32 Corn & Peppers Na:397 Tortilla Wrap K+:806 Applesauce Phos:332	**13** Chicken Primavera Pasta Cal:576 Bowtie Pasta Pro:32 Carrots Na:197 Wheat Bread K+:720 Fruit Cup Phos:123
16 Egg Omelet Cal:562 Mexican Rice Pro:18 Mixed Vegetables Na:449 Wheat Bread K+:521 Applesauce Phos:95+	**17** Herb Crusted Fish Cal:641 Couscous Pro:30 Carrots Na:454 Wheat Bread K+:734 Cookie Phos:81+	**18** Chicken Piccata Cal: 664 Rice Pilaf Pro:33 Brussel Sprouts Na:287 Wheat Bread K+:753 Fresh Fruit Phos:113	**19 HOLIDAY MEAL** Roast Turkey w/ Gravy Cal:706 White Rice Pro:30 Green Beans & Peppers Na:806 Dinner Roll K+:482 Sugar Cookie Phos:70+	**20** Rosemary & Garlic Chicken Cal:586 Orzo Pro:35 Broccoli Na:239 Wheat Bread K+:549+ Fruit Cup Phos:116+
23 Braised Beef Cal:734 White Rice Pro:37 Green Beans & Peppers Na:264 Wheat Bread K+:869 Applesauce Phos:240	**24** Curried Chicken Cal:683 White Rice Pro:40 Mixed Vegetables Na:378 Wheat Bread K+:824 Cookie Phos:302	**25** Roast Turkey w/ Cal:573 Cranberry Apple Chutney Pro:30 Polenta Na:399 Carrots K+:781 Dinner Roll Phos:306 Fresh Fruit	**26** **HOLIDAY- NO MEALS**	**27** Stewed Chicken Cal:613 White Rice Pro:33 California Blend Vegetables Na:289 Wheat Bread K+: 768 Fruit Cup Phos:272
30 Chicken Scampi Cal:625 Rotini Pasta Pro:31 Green Beans & Peppers Na:369 Wheat Roll K+:766 Applesauce Phos:297		For more Information about menu nutrients call GSSSI Dietitian at 413-781-8806 x1136 Suggested donation 3$ per meal	**Key:** Cal= Calories Pro= gm Protein Na= mg Sodium K+= mg Potassium Phos= mg Phosphorous	Total nutrient analysis includes juice (20mg Na), margarine (15mg Na), and all listed meal components.