

June 2024

Greater Springfield Senior Services, Inc.

RENAL MENU UPDATED 03/20/2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 American Chop Suey Cal:560 Brussels Sprouts Pro:29 LS Wheat Bread Na:420 Chilled Apples K+:671 Phos:243		4 Potato Pollock Filet Cal:590 Coleslaw Pro:20 Steamed Corn Na:510 LS Wheat Bread K+:913 Fresh Fruit Phos:48 Tartar Sauce		5 COLD PLATE Egg Salad Cal:914 Three Bean Salad Pro:23 Broccoli Slaw Na: 638 LS Wheat Bread K+: 959 Raisins Phos:283		6 Jamaican Jerk Chicken Cal:716 Spinach Pro:38 Coconut Rice Na:540 LS Wheat Bread K+:695 Diet Cookie Phos:269		7 Meatloaf w/ Cal:622 Mushroom Gravy Pro:27 Stewed Zucchini Na:471 Egg Noodles K+:683 LS Wheat Bread Phos:363 Diet Jello w/Topping	
10 Mac & Chz Cal:500 California Blend Veg Pro:24 LS Wheat Bread Na:424 Diet Jello w/Topping K+:546 Phos:304		11 Mediterranean Turkey Cal:621 Cucumber Salad Pro:22 Couscous Na:653 LS Wheat Bread K+:621 Warmed Applesauce Phos:139		12 BBQ Pulled Pork Cal:658 Celery Salad Pro:26 White Rice Na:440 LS Wheat Bread K+:694 Fresh Fruit Phos:225		13 Potato Pollock Filet Cal:556 Coleslaw Pro:19 Steamed Corn Na:757 LS Wheat Bread K+:836 Chilled Pineapple Phos:95 Tartar Sauce		14 Rosé Chicken Cal:604 Parslied Carrots Pro:40 Penne Pasta Na:418 LS Wheat Bread K+:984 Mandarin Oranges Phos:351	
17 FATHER'S DAY MEAL Beef Stroganoff Cal:549 Roman Blend Veg Pro:18 Egg Noodles Na:351 LS Wheat Bread K+:377 Rice Krispie Treat Phos:180		18 COLD PLATE Turkey & Swiss Cal:622 Carrot Citrus Salad Pro:35 English Pea Salad Na:652 LS Wheat Bread K+:903 Fresh Fruit Phos:292		19 HOLIDAY- NO MEALS		20 BBQ Chicken Green Beans Macaroni Salad LS Wheat Bread Diet Jello w/Topping		21 Spaghetti w/Meatballs Cal:624 Tossed Salad w/Ranch Pro:26 LS Wheat Bread Na:575 Mixed Fruit K+:779 Phos:254	
24 Shepherd's Pie Cal:578 Steamed Peas Pro:33 LS Wheat Bread Na: 326 Spiced Peaches K+: 618 Phos:257		25 Braised Pork Cal:762 California Blend Veg Pro:39 White Rice Na:612 LS Wheat Bread K+:676 Chilled Applesauce Phos:155		26 COLD PLATE Tuna Salad Cal:523 Tossed Salad w/Ranch Pro:24 Marinated Cucumber Salad Na:585 LS Wheat Bread K+:852 Fresh Fruit Phos:92		27 Chicken Pesto Pasta Cal:641 Tomato Onion Salad Pro:29 LS Wheat Bread Na:364 Chilled Pineapple K+:813 Phos:119		28 BIRTHDAY MEAL Broccoli Cheddar Chx Cal:638 Herbed Green Beans Pro:28 Rice Pilaf Na:646 LS Wheat Bread K+:725 Diet Cupcake Phos:205	
				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 1136	