

May 2024

Greater Springfield Senior Services, Inc.

CARDIAC/DIABETIC UPDATED 03/27/2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Nutrient analysis Excludes milk, bread, dessert, and margarine. <b>For more information call GSSSI Dietitian at 413-781-8806 X 1136</b>		<b>Key:</b> Cal= Calories Fat= gm Fat Na= mg Sodium Chol = mg Cholesterol Carb= gm Carbohydrates		<b>1 COLD PLATE</b> Tuna Salad Cal:406 Tossed Salad w/Ranch Fat:27 Citrus Carrot Salad Na:634 LS Wheat Bread Chol:68 Raisins Carb:18		<b>2</b> Meatloaf w/ Cal:433 Mushroom Gravy Fat:22 Stewed Zucchini Na:589 Egg Noodles Chol:134 LS Wheat Bread Carb:38 Diet Cookies		<b>3</b> Braised Pork w/ Gravy Cal:542 California Blend Veg Fat:24 White Rice Na:505 LS Wheat Bread Chol:92 Chilled Applesauce Carb:48	
<b>6</b> Sun Dried Tomato Pasta Cal:367 Italian Blend Veg Fat:12 LS Wheat Bread Na:418 Chilled Pineapple Chol:1 Carb:57		<b>7</b> Herbed Salmon Cal:366 Herbed Green Beans Fat:7 Roasted Red Potatoes Na:291 LS Wheat Bread Chol:35 Diet Cookies Carb:51		<b>8</b> Butter Chicken Cal:413 Steamed Spinach Fat:19 White Rice Na:460 LS Wheat Bread Chol:52 Mandarin Oranges Carb:45		<b>9</b> Sloppy Joe Cal:375 Coleslaw Fat:13 Sun Chips Na:546 LS Wheat Bread Chol:88 Diet Jello Carb:35 w/Whipped Topping		<b>10 MOTHER'S DAY MEAL</b> Pot Roast w/ Gravy Cal:468 Tossed Salad w/Italian Fat:20 Garlic Mashed Potatoes Na:364 LS Wheat Bread Chol:63 Diet Cookie Carb:40	
<b>13</b> Chicken Pot Pie Cal:323 California Blend Veg Fat:11 Biscuit Topping Na:457 Pear Crisp Chol:69 Carb:27		<b>14</b> Tuna Noodle Casserole Cal:301 Parslied Carrots Fat:6 LS Wheat Bread Na:606 Fresh Fruit Chol:64 Carb:38		<b>15</b> Turkey Taco Bowl Cal:362 Tossed Salad w/Ranch Fat:12 Yellow Rice Na:469 Tortilla Chips Chol:88 Chilled Pineapple Carb:35		<b>16</b> LS Ham & Swiss Sandwich Cal:297 Marinated Cucumbers Fat:15 Steamed Peas Na:415 ½ Pita Chol:51 Diet Cookies Carb:18		<b>17</b> Chicken Marsala Cal:489 Steamed Broccoli Fat:16 Parslied Penne Pasta Na:199 LS Wheat Bread Chol:68 Raisins Carb:54	
<b>20</b> "Lazy" Stuffed Cabbage Cal:333 Peas & Onions Fat:14 LS Wheat Bread Na:177 Sugar Free Jello w/Topping Chol:73 Carb:25		<b>21</b> Swedish Meatballs Cal:373 Summer Blend Veg Fat:18 Egg Noodles Na:237 LS Wheat Bread Chol:41 Fresh Fruit Carb:37		<b>22</b> Chef Salad w/ Cal:296 Turkey Salad Fat:16 Celery Salad Na:351 LS Wheat Bread Chol:75 Chilled Peaches Carb:8		<b>23</b> LS Hot Dog Cal:526 Sautéed Cabbage Fat:28 Macaroni Salad Na:449 LS Wheat Bread Chol:63 Mixed Fruit Carb:50		<b>24</b> Lemon Chicken Cal:370 Parslied Carrots Fat:13 Roasted Red Potatoes Na:277 LS Wheat Bread Chol:50 Diet Cookie Carb:39	
<b>27</b> HOLIDAY- NO MEALS Cal:455 Fat:26 Na:407 Chol:45 Carb:40		<b>28</b> Turkey Bacon Cal:282 Scrambled Eggs Fat:15 Spiced Apples Na:417 LS Wheat Bread Chol:32 Fresh Fruit Carb:18		<b>29</b> Turkey Burger w/Swiss Cal:564 Mushrooms & Onions Fat:31 Macaroni Salad Na:596 LS Wheat Bread Chol:116 Diet Cookies Carb:36		<b>30</b> Butter Crumb Fish Cal:379 Steamed Broccoli Fat:16 Lemon Rice Na:469 LS Wheat Bread Chol:55 Chilled Applesauce Carb:39 Tartar Sauce		<b>31</b> Roast Turkey w/Gravy Cal:212 Wax Beans Fat:4 Whipped Sweet Potatoes Na:364 LS Wheat Bread Chol:30 Diet Cupcake Carb:20	