

| May 2024 | | Greater Springfield Senior Services, Inc. | | RENAL MENU UPDATED 04/02/2024 | | | | | |
|--|--|--|--|--|--|---|--|--|--|
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
| Nutrient analysis Includes juice, bread, And margarine. For more Information call GSSSI Dietitian at 413-781-8806 X 1136 | | Key: Cal= Calories Pro= gm Protein Na= mg Sodium K+= mg Potassium Phos= gm Phosphorous | | 1 COLD PLATE Tuna Salad Cal:649 Tossed Salad w/Ranch Pro:28 Citrus Carrot Salad Na:679 LS Wheat Bread K+:746 Raisins Phos:83 | | 2 Meatloaf w/ Cal:709 Mushroom Gravy Pro:28 Stewed Zucchini Na:532 Egg Noodles K+:696 LS Wheat Bread Phos:391 Diet Cookies | | 3 Braised Pork w/ Gravy Cal: 767 California Blend Veg Pro:39 White Rice Na:569 LS Wheat Bread K+:524 Chilled Applesauce Phos:138 | |
| 6 Sun Dried Tomato Pasta Cal:622 Italian Blend Veg Pro:18 LS Wheat Bread Na:565 Chilled Pineapple K+:740 Phos:197 | | 7 Herbed Salmon Cal:580 Steamed Broccoli Pro:32 Rice Pilaf Na:359 LS Wheat Bread K+:481 Fresh Fruit Phos:64 | | 8 Butter Chicken Cal: 658 Steamed Spinach Pro:28 White Rice Na:598 LS Wheat Bread K+:952 Mandarin Oranges Phos:189 | | 9 Sloppy Joe Cal:563 Coleslaw Pro:35 Sun Chips Na:649 LS Wheat Bread K+:598 Diet Jello Phos:222 w/Whipped Topping | | 10 MOTHER'S DAY MEAL Pot Roast w/ Gravy Cal: 702 Tossed Salad w/Italian Pro:36 Egg Noodles Na:377 LS Wheat Bread K+:554 Diet Cookie Phos:270 | |
| 13 Chicken Pot Pie Cal:502 California Blend Veg Pro:35 Biscuit Topping Na:571 Pear Crisp K+:341 Phos:39 | | 14 Tuna Noodle Casserole Cal:522 Parslied Carrots Pro:30 LS Wheat Bread Na:662 Fresh Fruit K+:743 Phos:282 | | 15 Turkey Taco Bowl Cal:631 Corn & Bell Peppers Pro:33 Yellow Rice Na:480 Tortilla Chips K+:649 Chilled Pineapple Phos:271 | | 16 LS Ham & Swiss Sandwich Cal:502 Marinated Cucumbers Pro:27 Steamed Peas Na:558 ½ Pita K+:770 Diet Cookies Phos:219 | | 17 Chicken Marsala Cal:616 Steamed Broccoli Pro:33 Parslied Penne Pasta Na:218 LS Wheat Bread K+:712 Raisins Phos:272 | |
| 20 "Lazy" Stuffed Cabbage Cal: 585 Peas & Onions Pro: 33 LS Wheat Bread Na: 323 Sugar Free Jello w/Topping K+: 789 Phos:274 | | 21 Swedish Meatballs Cal:783 Summer Blend Veg Pro:32 Egg Noodles Na:435 LS Wheat Bread K+:764 Fresh Fruit Phos:277 | | 22 Chef Salad w/ Cal:503 Turkey Salad Pro:33 Celery Salad Na:392 LS Wheat Bread K+:868 Chilled Peaches Phos:276 | | 23 LS Hot Dog Cal:600 Sautéed Cabbage Pro:18 Macaroni Salad Na:472 LS Wheat Bread K+:737 Mixed Fruit Phos:87 | | 24 Lemon Chicken Cal:621 Parslied Carrots Pro:29 Rice Pilaf Na:489 LS Wheat Bread K+:470 Diet Cookie Phos:50 | |
| 27 HOLIDAY- NO MEALS | | 28 Turkey Bacon Cal: 521 Scrambled Eggs Pro:24 Spiced Apples Na:474 LS Wheat Bread K+:613 Fresh Fruit Phos:155 | | 29 Turkey Burger w/Swiss Cal:783 Mushrooms & Onions Pro:38 Macaroni Salad Na:652 LS Wheat Bread K+:652 Diet Cookies Phos:269 | | 30 Butter Crumb Fish Cal:588 Steamed Broccoli Pro:23 Lemon Rice Na:558 LS Wheat Bread K+:557 Applesauce Phos:44 Tartar Sauce | | 31 Roast Turkey w/Gravy Cal:576 Wax Beans Pro:26 Whipped Sweet Potatoes Na:655 LS Wheat Bread K+:783 Diet Cupcake Phos:69 | |