

April 2026

Greater Springfield Senior Services, Inc.

CARDIAC/DIABETIC MENU

02/24/2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Nutrient analysis excludes milk & margarine. Suggested voluntary Donation \$3.00 per meal Menu subject to change.		Cal= Calories Fat= gm Fat Na= mg Sodium Carb= gm Carbohydrate		1 Cape Cod Tuna Salad Cal:622 Broccoli Slaw Fat:27 Ls Macaroni Salad Na:662 LS Wheat Bread Carb:65 Diet Jello w/Whip		2 Balsamic Chicken Cal:504 Brussels Sprouts Fat:7 Rice Pilaf Na:678 LS Wheat Bread Carb:80 Chilled Peaches		3 Ravioli w/Sauce Cal:519 Tossed Salad w/Italian Fat:13 Steamed Peas Na:554 LS Wheat Bread Carb:81 Fresh Fruit	
6 SPRINGTIME MEAL Ham & Pineapple Cal:506 Green Beans Fat:9 Baked Sweet Potato Na:658 LS Wheat Bread Carb:78 Red Velvet Cake		7 Potato Pollock Cal:566 Coleslaw Fat:21 Steamed Corn Na:588 LS Wheat Bread Carb:69 Diet Cookies		8 COLD PLATE LS Turkey & Provolone Cal:590 Lettuce/Tomato Fat:19 LS Macaroni Salad Na:695 LS Wheat Bread Carb:60 Chilled Applesauce		9 Chicken Piccata Cal:511 Steamed Broccoli Fat:16 Spaghetti Pasta Na:416 LS Wheat Bread Carb:55 Mixed Fruit		10 Turkey Taco Bowl Cal:512 Tossed Salad w/Ranch Fat:23 Yellow Rice Na:526 Tortilla Chips Carb:41 Fresh Fruit	
13 Meatballs & Gravy Cal:676 Parslied Carrots Fat:26 Over Egg Noodles Na:475 LS Wheat Bread Carb:75 Diet Jello w/Whip		14 Chicken Scampi Cal:683 California Blend Veg Fat:29 Spaghetti Noodles Na:260 LS Wheat Bread Carb:67 Diet Cookies		15 Cheese Omelet Cal:502 Turkey Bacon Fat:17 Spiced Apples Na:567 LS Wheat Bread Carb:60 Fresh Fruit		16 Indian Style Butter Chicken Cal:611 Steamed Spinach Fat:25 White Rice Na:644 LS Wheat Bread Carb:66 Mandarin Oranges		17 Turkey Burger w/Swiss Cal:656 Onions & Mushrooms Fat:22 Sweet Potato Na:521 LS Wheat Bread Carb:75 Chilled Pineapple	
20 HOLIDAY- NO MEALS		21 Lasagna w/Roasted- Cal:501 Red Pepper Sauce Fat:20 Steamed Broccoli Na:616 LS Wheat Bread Carb:57 Diet Cookies		22 BIRTHDAY MEAL BBQ Chicken Cal:569 Coleslaw Fat:14 Steamed Corn Na:471 LS Wheat Bread Carb:73 Diet Cupcake		23 Beef Stroganoff Cal:745 Brussels Sprouts Fat:31 Egg Noodles Na:632 LS Wheat Bread Carb:75 Spiced Apples		24 Butter Crumb Fish Cal:625 Tossed Salad w/Italian Fat:25 Lemon Rice Na:609 LS Wheat Bread Carb:71 Fresh Fruit	
27 Mac & Cheese Cal:549 California Blend Veg Fat:20 LS Wheat Bread Na:447 Mixed Fruit Carb:67		28 Shepherd's Pie Cal:595 Steamed Peas Fat:18 LS Wheat Bread Na:333 Spiced Peaches Carb:68		29 Rosé Chicken Cal:569 Asparagus Spears Fat:10 Penne Pasta Na:317 LS Wheat Bread Carb:76 Fresh Fruit		30 Lemon Dill Salmon Cal:549 Green Beans Fat:17 Rice Pilaf Na:231 LS Wheat Bread Carb:65 Mandarin Oranges			