

June 2026

Greater Springfield Senior Services, Inc.

CARDIAC/DIABETIC MENU

updated 04/28/2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 Ravioli w/Roasted - Red Pepper Sauce Steamed Peas LS Wheat Bread Diet Cookies Cal:371 Fat:12 Na:491 Carb:53		2 COLD PLATE LS Turkey & Provolone Lettuce/Tomato LS Macaroni Salad LS Wheat Bread Chilled Applesauce Cal:428 Fat:18 Na:694 Carb:44		3 Chicken Piccata Steamed Broccoli Spaghetti Pasta LS Wheat Bread Diet Cookies Cal:583 Fat:20 Na:502 Carb:61		4 Turkey Hot Dog Broccoli Slaw Dill Carrots LS Wheat Bread Fresh Fruit Cal:490 Fat:19 Na:483 Carb:60		5 Potato Pollock Coleslaw Steamed Corn LS Wheat Bread Mixed Fruit Tartar Sauce Cal:580 Fat:23 Na:621 Carb:74	
8 Turkey Burger w/Swiss Onions & Mushrooms Sweet Potato LS Wheat Bread Diet Jello w/Whip Cal:617 Fat:25 Na:532 Carb:58		9 Chicken Scampi California Blend Veg Spaghetti Noodles LS Wheat Bread Chilled Pineapple Cal:652 Fat:26 Na:177 Carb:68		10 Cheese Omelet Turkey Bacon Spiced Apples LS Wheat Bread Fresh Fruit Cal:502 Fat:17 Na:567 Carb:60		11 Swedish Meatballs Parslied Carrots Over Egg Noodles LS Wheat Bread Chilled Peaches Cal:569 Fat:21 Na:394 Carb:72		12 FATHER'S DAY MEAL BBQ Chicken Coleslaw Steamed Corn LS Wheat Bread Chocolate Chip Cookie Cal:553 Fat:15 Na:375 Carb:70	
15 Ham & Pineapple Green Beans Baked Sweet Potato LS Wheat Bread Fresh Fruit Cal:472 Fat:6 Na:493 Carb:79		16 Indian Style Butter Chicken Steamed Spinach White Rice LS Wheat Bread Mandarin Oranges Cal:611 Fat:25 Na:644 Carb:66		17 COLD PLATE Egg Salad Broccoli Slaw LS Macaroni Salad LS Wheat Bread Diet Jello w/Whip Cal:822 Fat:51 Na:683 Carb:59		18 Beef Stroganoff Brussels Sprouts Egg Noodles LS Wheat Bread Spiced Apples Cal:745 Fat:31 Na:632 Carb:75		19 HOLIDAY- NO MEALS	
22 Shepherd's Pie Steamed Peas LS Wheat Bread Spiced Peaches Cal:595 Fat:18 Na:333 Carb:68		23 Mac & Cheese California Blend Veg LS Wheat Bread Diet Cookies Cal:430 Fat:20 Na:457 Carb:48		24 COLD PLATE Cape Cod Tuna Salad Tossed Salad w/Ranch Pickled Beets LS Wheat Bread Applesauce Cal:624 Fat:24 Na:629 Carb:74		25 BBQ Pulled Pork Coleslaw Sweet Potato LS Wheat Bread Diet Jello w/Whip Cal:655 Fat:26 Na:570 Carb:58		26 Rosé Chicken Asparagus Spears Penne Pasta LS Wheat Bread Fresh Fruit Cal:569 Fat:10 Na:317 Carb:76	
29 BIRTHDAY MEAL Spaghetti and Meatballs Steamed Broccoli LS Wheat Bread Diet Cupcake Cal:575 Fat:19 Na:743 Carb:67		30 Butter Crumb Fish Dill Carrots Rice Pilaf LS Wheat Bread Mandarin Oranges Tartar Sauce Cal:600 Fat:24 Na:569 Carb:66				For more Information About menu nutrients call GSSSI Dietitian at 413-781-8806 X 1136 Suggested voluntary Donation \$3.00 per meal		Meal analysis does NOT include milk and margarine. Menu subject to change without notice Cal= Calories Na= mg Sodium Fat= gm Fat Carb= gm Carbohydrate	