

October 2024

BRIMFIELD

Greater Springfield Senior Services, Inc.

Community Dining Menu

Updated 09/09/2024

For Reservations or Cancellations call by 11:30 a.m. the day before at 413-245-7253

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information. Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine (15mg Na).	1 Shepherd's Pie(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5) Cal:730 Carb:86 Na:643	2	3 Shrimp Scampi(520) Tossed Salad w/Italian(131) Spaghetti Noodles(11) Garlic Bread(210) Reg/Diet Jello(53) w/Topping(12) Cal:696 Carb:60 Na:1042	4
	7	8 Tuna Noodle Casserole(626) Stewed Tomatoes(205) Whole Wheat Dinner Roll(210) Apple Crisp(65) Cal:759 Carb:111 Na:1187	9	10 Beef Stroganoff(230) Brussels Sprouts(15) Egg Noodles(5) Italian Bread(230) Reg(70)/Diet Cookie(70) Cal:616 Carb:84 Na:691
14 HOLIDAY- NO MEALS	15 Braised Pork w/Apple Gravy(298) Steamed Peas(58) Mashed Potatoes(46) Whole Wheat Bread(150) Fresh Fruit(2) Cal:758 Carb:105 Na:691	16	17 Turkey Chili(385) Sour Cream(9) Mixed Vegetables(53) White Rice(4) Italian Bread(230) Chilled Pineapple(1) Cal:744 Carb:107 Na:773	18
21	22 Chicken & Dumplings*(541) Tossed Salad w/Italian(137) Mashed Butternut Squash (3) Multigrain Bread(200) Chilled Applesauce(9) Cal:722 Carb:98 Na:1023	23	24 BIRTHDAY MEAL Pot Roast w/Gravy (126) Brussels Sprouts(12) Garlic Mashed Potatoes(118) Whole Wheat Bread(115) Birthday Sheet Cake (215) Cal:828 Carb:97 Na:754	25
28	29 Turkey Taco Plate(347) Tossed Salad w/Ranch(123) Yellow Rice(29) Sour Cream(9) Tortilla Chips(115) Chilled Pineapple(6) Cal:874 Carb:110 Na:1161	30	31 HAPPY HALLOWEEN Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Halloween Chocolate Cake(328) Cal:924 Carb:121 Na:1046	Suggested voluntary donation \$2/meal Menu subject to change without notice. Key for Symbols: Cal= Calories (mg Na in each item) Carb=Carbohydrates Carbs listed for both reg/diet desserts Na= Sodium *Sodium content(>500mg)