

MARCH 2025

BRIMFIELD

Greater Springfield Senior Services, Inc.

Community Dining Menu

UPDATED 01/24/2025

For Reservations or Cancellations call by 11:30 a.m. the day before at the site you attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p>	<p>4 Chicken Pot Pie(269) Collard Greens(135) Biscuit Topping(170) Pear Crisp(98)</p>	<p>5</p>	<p>6 Turkey w/ Gravy*(549) Steamed Peas(58) Butternut Squash(26) Cornbread Muffin(179) Fresh Fruit(1)</p>	<p>7</p>
<p>Cal:608 Carb:65 Na:676</p>		<p>Cal:754 Carb:102 Na:990</p>		
<p>10</p>	<p>11 SOUP AND SANDWICH Classic Chicken Salad(90) Coleslaw(122) Butternut Bisque(84) Club Roll(340) Reg(53)/Diet Jello(35)w/Topping(12)</p>	<p>12</p>	<p>13 Turkey Taco Plate(347) Tossed Salad w/Ranch(123) Yellow Rice(29) Sour Cream(9) Tortilla Chips(115) Chilled Pineapple(6)</p>	<p>14</p>
<p>Cal:656 Carb:80 Na:802</p>		<p>Cal:743 Carb:72 Na:889</p>		
<p>17</p>	<p>18 ST.PATRICK'S DAY/HIGH SOD. MEAL Corned Beef*(911) Cabbage & Carrots(110) Red Bliss Potatoes(6) Rye Bread(150) Pistachio Cake (195)</p>	<p>19</p>	<p>20 BIRTHDAY MEAL Spaghetti & Meatballs(254) Tossed Salad w/Ranch(121) Garlic Bread(210) Birthday Cake(202)</p>	<p>21</p>
<p>Cal: 658 Carb:84 Na:1497</p>		<p>Cal:840 Carb:104 Na:1029</p>		
<p>24</p>	<p>25 Braised Pork w/Apple Gravy(298) Steamed Peas(58) Herb Roasted Potatoes(46) Whole Wheat Bread(150) Fresh Fruit(2)</p>	<p>26</p>	<p>27 MLB OPENING DAY/HIGH SODIUM Hot Dog w/Bun*(750) Potato Salad(214) Baked Beans(140) Reg(53)/Diet Jello(35)w/Topping(12)</p>	<p>28</p>
<p>Cal:826 Carb:103 Na:736</p>		<p>Cal:857 Carb:83 Na:1491</p>		
<p>31</p>	<p>Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)</p>	<p>Suggested voluntary donation \$3/meal Menu subject to change without notice.</p>	<p>Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na).</p>	<p>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.</p>