

MARCH 2025

WILBRAHAM

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
3 Hamburger w/Chz(540) Ketchup(82) Onions & Mushrooms(96) Roasted Red Potatoes(28) Wheat Burger Bun(330) Mandarin Oranges(6) Cal:728 Carb:87 Na:1105	4	5 SOUP & SANDWICH/HIGH SOD. DAY Dilly Egg Salad(497) Chicken Vegetable Soup(163) Three Bean Salad(119) Club Roll(340) Reg(53)/Diet Pudding(35) w/Topping(12) Cal:1125 Carb:106 Na:1456	6	7 Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Reg(60)/Diet Cookies(60) Cal:624 Carb:97 Na:946
10 Ham w/Pineapple Sauce*(545) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Fresh Fruit(2) Cal:580 Carb:99 Na:804	11	12 Chicken Marsala(528) California Blend Veg(17) Penne Noodles(4) Italian Bread(210) Chilled Applesauce(14) Cal:545 Carb:78 Na:951	13	14 Mac & Cheese (280) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Mixed Fruit(5) Cal:576 Carb:81 Na:799
17 ST.PATRICK'S DAY/HIGH SOD. MEAL Corned Beef*(911) Cabbage & Carrots(110) Red Bliss Potatoes(6) Rye Bread(150) Pistachio Cake (195) Cal: 658 Carb:84 Na:1497	18	19 BBQ Pulled Pork(365) Broccoli Slaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(160) Reg(147)/Diet Cookies(95) Cal:744 Carb:72/69 Na:952	20	21 Butter Crumb Fish(296) Steamed Peas(58) Rice Pilaf(11) Whole Wheat Bread(150) Mandarin Oranges(7) Tartar(130) Cal:553 Carb:66 Na:645
24 American Chop Suey(211) Roman Blend Veg(13) Wheat Roll(210) Rice Krispie Treat(88) Cal:685 Carb:94 Na:662	25	26 Jamaican Jerk Chicken(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:805 Carb:95 Na:1090	27	28 Fish Chowder(421) Green Beans(5) Oyster Crackers(140) Applesauce(14) Cal:524 Carb:66 Na:712
31 BIRTHDAY MEAL Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Birthday Cake(202) Cal:831 Carb:106 Na:1020	Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	Suggested voluntary donation \$3/meal Menu subject to change without notice.	Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na).	If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.