

April 2025

BRIMFIELD

Greater Springfield Senior Services, Inc.

Community Dining Updated 02/14/2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.</p> <p>Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine (15mg Na).</p>	<p>1</p> <p>Chicken Broccoli Alfredo Pasta*(512) Steamed Spinach(188) Orange Juice(26) Whole Wheat Bread(150) Fresh Fruit(0)</p> <p>Cal:777 Carb:113 Na:1077</p>	<p>2</p>	<p>3 SPRING HOLIDAY MEAL</p> <p>Ham w/Pineapple Sauce*(545) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Red Velvet Cake(210)</p> <p>Cal:715 Carb:96 Na:1013</p>	<p>4</p>
	<p>7</p> <p>8</p> <p>Lemon Chicken(305) Steamed Broccoli(9) Rice Pilaf(11) Whole Wheat Bread(150) Reg/Diet Jello(53) w/Topping(12)</p> <p>Cal:537 Carb:50 Na:577</p>	<p>9</p>	<p>10</p> <p>Mediterranean Turkey*(436) Marinated Cucumber Salad(4) Couscous(11) Oatnut Bread(150) Warmed Applesauce(14)</p> <p>Cal:584 Carb:68 Na:750</p>	<p>11</p>
<p>14</p>	<p>15</p> <p>Chicken w/Orange Sauce(459) Steamed Spinach(188) White Rice(4) Whole Wheat Bread(150) Mandarin Oranges(7)</p> <p>Cal:632 Carb:91 Na:948</p>	<p>16</p>	<p>17</p> <p>Lasagna w/Roasted Red Pepper Sauce(394) Tossed Salad(12) w/Ranch(110) Garlic Bread(210) Reg/Diet Jello(53) w/Topping(12)</p> <p>Cal:607 Carb:68 Na:881</p>	<p>18</p>
<p>21</p> <p>HOLIDAY</p>	<p>22 BIRTHDAY MEAL/HIGH SODIUM</p> <p>Chicken Cordon Bleu*(684) Steamed Broccoli (9) ½ Sweet Potato(42) Wheat Roll(210) Birthday Cake(215)</p> <p>Cal:809 Carb:102 Na:1301</p>	<p>23</p>	<p>24</p> <p>Beef Taco Bowl(156) Tossed Salad(12) w/Ranch(110) Yellow Rice(97) Tortilla Chips(46) Reg/Diet Cookies(70)</p> <p>Cal:567 Carb:50 Na:512</p>	<p>25</p>
<p>28</p>	<p>29 HIGH SODIUM DAY</p> <p>Hot Dog w/Bun(720) Potato Salad(215) Baked Beans(272) Mixed Fruit(5) Ketchup(82)/Mustard(55)</p> <p>Cal:840 Carb:82 Na:1489</p>	<p>30</p>		<p>Suggested voluntary donation \$3/meal</p> <p>Menu subject to change without notice.</p> <p>Key for Symbols:</p> <p>Cal= Calories (mg Na in each item) Carb=Carbohydrates Carbs listed for both reg/diet desserts Na= Sodium *Sodium content(>500mg)</p>