

April 2025

HAMPDEN

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
<b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.</b> <b>Total Sodium &amp; Calories include regular dessert, milk (100mg Na) &amp; margarine (15mg Na).</b>	<b>1</b> Chicken Broccoli Alfredo Pasta*(512) Steamed Spinach(188) Orange Juice(26) Whole Wheat Bread(150) Fresh Fruit(0) Cal:777 Carb:113 Na:1077	<b>2 COLD PLATE</b> Turkey & Swiss(268) Coleslaw(122) Macaroni Salad(294) Club Roll(340) Chilled Pineapple(1) Cal:847 Carb:86 Na:1147	<b>3 SPRING HOLIDAY MEAL</b> Ham w/Pineapple Sauce*(545) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Red Velvet Cake(210) Cal:715 Carb:96 Na:1013	<b>4</b> Eggplant Parmesan*(659) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Applesauce(15) Cal:810 Carb:99 Na:1177
	<b>7</b> Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Fresh Fruit(1) Cal:615 Carb:99 Na:886	<b>8</b> Lemon Chicken(305) Steamed Broccoli(9) Rice Pilaf(11) Whole Wheat Bread(150) Reg/Diet Jello(53) w/Topping(12) Cal:537 Carb:50 Na:577	<b>9</b> Pot Roast w/Gravy (126) Brussels Sprouts(12) Mashed Butternut(24) Whole Wheat Bread(150) Mixed Fruit(5) Cal:627 Carb:76 Na:449	<b>10</b> Mediterranean Turkey*(436) Marinated Cucumber Salad(4) Couscous(11) Oatnut Bread(150) Warmed Applesauce(14) Cal:584 Carb:68 Na:750
<b>14</b> Turkey w/Gravy*(549) Green Beans(5) Mashed Potatoes(26) Oatnut Bread(150) Fresh fruit (1) Cal:720 Carb:88 Na:1016	<b>15</b> Chicken w/Orange Sauce(459) Steamed Spinach(188) White Rice(4) Whole Wheat Bread(150) Mandarin Oranges(7) Cal:632 Carb:91 Na:948	<b>16</b> Cheeseburger(422) Onions & Mushrooms(96) Roasted Red Potatoes(29) Hamburger Bun(330) Fresh Fruit(1) Cal:756 Carb:95 Na:1100	<b>17</b> Lasagna w/Roasted Red Pepper Sauce(394) Tossed Salad(12) w/Ranch(110) Garlic Bread(210) Reg/Diet Jello(53) w/Topping(12) Cal:607 Carb:68 Na:881	<b>18</b> <b>NO MEAL SERVICE</b>
<b>21</b> <b>HOLIDAY- NO MEALS</b>	<b>22 BIRTHDAY MEAL/HIGH SODIUM</b> Chicken Cordon Bleu*(684) Steamed Broccoli (9) ½ Sweet Potato(42) Wheat Roll(210) Cupcake(240)/Diet Cake (166) Cal:799 Carb:101/89 Na:1325	<b>23</b> Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(115) Applesauce(14) Cal:667 Carb:82 Na:812	<b>24</b> Beef Taco Bowl(156) Tossed Salad(12) w/Ranch(110) Yellow Rice(97) Tortilla Chips(46) Reg/Diet Cookies(70) Cal:567 Carb:50 Na:512	<b>25</b> Ravioli w/ Meat Sauce*(557) Tossed Salad w/Italian(131) Garlic Bread(230) Fresh Fruit(1) Cal:650 Carb:88 Na:1040
	<b>28</b> Beef Stroganoff*(513) Brussels Sprouts(15) Egg Noodles(5) Wheat Roll(210) Reg/Diet Cookie(70) Cal:691 Carb:84 Na:954	<b>29 HIGH SODIUM DAY</b> Hot Dog w/Bun(720) Potato Salad(215) Baked Beans(272) Mixed Fruit(5) Ketchup(82)/Mustard(55) Cal:840 Carb:82 Na:1489	<b>30</b> Turkey Breakfast Sausage(367) Spiced Applesauce(20) Potatoes O’Brien(29) French Toast*(600) w/ Syrup(23) Fresh Fruit(2) Orange Juice(26) Cal:794 Carb:130 Na:872	<b>Suggested voluntary donation \$3/meal</b> <b>Menu subject to change without notice.</b> <b>Key for Symbols:</b> Cal= Calories (mg Na in each item) Carb=Carbohydrates Carbs listed for both reg/diet desserts Na= Sodium *Sodium content(>500mg)