

April 2025

WILBRAHAM

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
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	2 COLD PLATE Turkey & Swiss(268) Coleslaw(122) Macaroni Salad(294) Club Roll(340) Chilled Pineapple(1)	3	4 Eggplant Parmesan*(659) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Applesauce(15)
		Cal:847 Carb:86 Na:1147		Cal:810 Carb:99 Na:1177
7 Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Fresh Fruit(1)	8	9 Pot Roast w/Gravy (126) Brussels Sprouts(12) Mashed Butternut(24) Whole Wheat Bread(150) Mixed Fruit(5)	10	11 Salmon w/Dill Sauce(145) California Blend Veg(17) Roasted Red Potatoes(21) Whole Wheat Bread(150) Reg/Diet Cookies(60)
Cal:615 Carb:99 Na:886		Cal:627 Carb:76 Na:449		Cal:633 Carb:75 Na:534
14 BIRTHDAY MEAL/HIGH SODIUM Turkey w/Gravy*(549) Green Beans(5) Mashed Potatoes(26) Oatnut Bread(150) Birthday Cake (215)	15	16 Cheeseburger(422) Onions & Mushrooms(96) Roasted Red Potatoes(29) Hamburger Bun(330) Fresh Fruit(1)	17	18 Crab Cake*(600) w/tartar(130) Broccoli Slaw(119) Steamed Corn(4) Whole Wheat Bread(150) Chilled Peaches(6)
Cal:764 Carb:98 Na:1085		Cal:756 Carb:95 Na:1100		Cal:704 Carb:95 Na:1150
21 HOLIDAY- NO MEALS	22	23 Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(115) Applesauce(14)	24	25 Ravioli w/ Meat Sauce*(557) Tossed Salad w/Italian(131) Garlic Bread(230) Fresh Fruit(1)
		Cal:667 Carb:82 Na:812		Cal:650 Carb:88 Na:1040
28 Beef Stroganoff*(513) Brussels Sprouts(15) Egg Noodles(5) Wheat Roll(210) Reg/Diet Cookie(70)	29	30 Turkey Breakfast Sausage(367) Spiced Applesauce(20) Potatoes O'Brien(29) French Toast*(600) w/ Syrup(23) Fresh Fruit(2) Orange Juice(26)		Suggested voluntary donation \$3/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)
Cal:691 Carb:84 Na:954		Cal:794 Carb:130 Na:872		