

OCTOBER 2026

BRIMFIELD

Greater Springfield Senior Services, Inc.

Community Dining Menu Updated 09/04/2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested voluntary donation \$3/meal Menu subject to change without notice. Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	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.	1 Braised Beef & Vegetables(161) Rice Pilaf(49) Spinach w/Peppers(65) Dinner Roll(100) Vanilla Pudding(130) Cal:846 Carb:88 Na:640	2
5	6 Shrimp Tacos w/Cheese*(537) Cilantro Lime Rice(67) Black Beans, Corn, & Peppers(61) Tortilla Wrap(135) Fresh Fruit(0) Cal:700 Carb:96 Na:935	7	8 OCTOBER HOLIDAY MEAL Chicken w/Sage Cream Sauce(408) Butternut Squash Ravioli(166) Broccoli(38) Wheat Roll(150) Apple Crisp(50) Cal:898 Carb:115 Na:947	9
12	13 Chicken Stir Fry(307) White Rice(25) Stir Fry Vegetables(28) Wheat Roll(150) Chocolate Chip Cookie(80) Cal:764 Carb:90 Na:725	14	15 Herb Crusted White Fish(346) Roasted Potatoes(85) Kale & Peppers(29) Wheat Bread(65) Mandarin Oranges(5) Tartar(113) Cal:701 Carb:91 Na:778	16
19	20 Beefy Mac & Cheese Tortellini*(636) Green Peas(20) Wheat Roll(150) Fresh Fruit(0) Cal:924 Carb:80 Na:941	21	22 Omelet w/Cheddar Cheese(336) Potatoes w/Onions & Peppers(61) Spinach(110) Whole Grain Muffin(190) Fresh Fruit(1) Cal:769 Carb:91 Na:918	23
26	27 Herb Roasted Chicken Thigh(101) Mashed Potatoes(23) Carrots(56) Wheat Roll(150) Pumpkin Bread(250) Cal:784 Carb:92 Na:715	28	29 Southwest Beef & Bean Chili(462) Green Peas(20) Whole Grain Cornbread Bowl(160) Fresh Fruit(1) Cal:893 Carb:108 Na:778	30
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