BRIMFIELD **NOVEMBER 2026** **Greater Springfield Senior Services, Inc.** **Updated 10/07/2026**

For Reservations or Cancellations call by 11:30 a.m. the day before at 413-245-7253

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3** Three Bean Chicken Chili(432) Kale & Peppers(29) Whole Grain Cornbread Bowl(160) Vanilla Pudding(130)	**4**	**5** Pot Roast w/Gravy*(587) Mashed Potatoes(24) Broccoli(38) Wheat Bread(65) Lemon White Chocolate Cookie(100)	**6**
	Cal:878 Carb:104 Na:982		Cal:723 Carb:89 Na:949	
9	**10** Chicken Saltimbocca(381) Roasted Potatoes(85) Carrots(56) Wheat Bread(65) Fresh Fruit(0)	**11** **HOLIDAY- NO MEALS**	**12** Shrimp in Tomato Cream Sauce*(635) Whole Grain Pasta(4) Steamed Broccoli(38) Dinner Roll(100) Pumpkin Bread(250)	**13**
	Cal:752 Carb:79 Na:722		Cal:769 Carb:107 Na:1162	
16	**17** Rosemary & Garlic Chicken(426) Orzo(4) Mashed Butternut Squash(12) Wheat Roll(150) Mandarin Oranges(5)	**18**	**19 HOLIDAY HARVEST MEAL** Roast Turkey w/Gravy(488) Mashed Potatoes & Stuffing(268) Green Beans(20) Wheat Roll(150) Apple Pie(310)	**20**
	Cal:729 Carb:107 Na:732		Cal:843 Carb:112 Na:1372	
23	**24 HIGH SODIUM DAY** Hot Ham & Cheese Sandwich*(744) On a Whole Grain Croissant(190) Sweet Potato Tots(200) California Blend Veg(34) Fresh Fruit(0) Mustard Packet(55)	**25**	**26** **HOLIDAY- NO MEALS**	**27**
	Cal:748 Carb:90 Na:1359			
30		**Suggested voluntary donation $3/meal** **Menu subject to change without notice.** **Key for Symbols:** Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg) **Suggested voluntary donation $3/meal**	**Total Sodium & Calories include regular dessert, milk(105mg Na) &margarine(30mg Na).**	**If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.**