**HAMPDEN** **NOVEMBER 2026** **Greater Springfield Senior Services, Inc.** **Updated 09/30/2026**

For Reservations or Cancellations call by 11:30 a.m. the day before at 781-2135 or Toll free 800-649-3641 Email: GSSSI.Nutrition@gsssi.org

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2**<br>Spaghetti & Meatballs*(540)<br>Vegetable Medley(56)<br>Hawaiian Roll(80)<br>Fresh Fruit(0) | **3**<br>Three Bean Chicken Chili(432)<br>Kale & Peppers(29)<br>Whole Grain Cornbread Bowl(160)<br>Vanilla Pudding(130) | **4**<br>White Fish Piccata(387)<br>Rice Pilaf(49)<br>Mashed Butternut(12)<br>Dinner Roll(100)<br>Mandarin Oranges(5) | **5**<br>Pot Roast w/Gravy*(587)<br>Mashed Potatoes(24)<br>Broccoli(38)<br>Wheat Bread(65)<br>Lemon White Chocolate Cookie(100) | **6**<br>Chicken Noodle Casserole(331)<br>Green Beans & Red Peppers(21)<br>Wheat Bread(65)<br>Applesauce(2) |
| Cal:662 Carb:81 Na:815 | Cal:878 Carb:104 Na:982 | Cal:758 Carb:106 Na:688 | Cal:723 Carb:89 Na:949 | Cal:768 Carb:84 Na:561 |
| **9**<br>Shepherd's Pie(295)<br>Mashed Potato Topping<br>Mixed Vegetables(51)<br>Whole Grain Biscuit(370)<br>Peach Fruit Cup(5) | **10**<br>Chicken Saltimbocca(381)<br>Roasted Potatoes(85)<br>Carrots(56)<br>Wheat Bread(65)<br>Fresh Fruit(0) | **11**<br>**HOLIDAY- NO MEALS** | **12**<br>Shrimp in Tomato Cream Sauce*(635)<br>Whole Grain Pasta(4)<br>Steamed Broccoli(38)<br>Dinner Roll(100)<br>Pumpkin Bread(250) | **13**<br>Beef w/Onions & Peppers(132)<br>White Rice(25)<br>Brussels Sprouts(26)<br>Wheat Roll(150)<br>Chocolate Pudding(135) |
| Cal:885 Carb:80 Na:856 | Cal:752 Carb:79 Na:722 | | Cal:769 Carb:107 Na:1162 | Cal:821 Carb:83 Na:603 |
| **16**<br>Maple Glazed Pork(85)<br>Butternut & Raisin Couscous(90)<br>Kale & Peppers(29)<br>Wheat Bread(65)<br>Vanilla Pudding(130) | **17**<br>Rosemary & Garlic Chicken(426)<br>Orzo(4)<br>Mashed Butternut Squash(12)<br>Wheat Roll(150)<br>Mandarin Oranges(5) | **18**<br>Beef Chili(371)<br>Brussels Sprouts(26)<br>Buttermilk Biscuits(370)<br>Fresh Fruit(1) | **19 HOLIDAY HARVEST MEAL**<br>Roast Turkey w/Gravy(488)<br>Mashed Potatoes & Stuffing(268)<br>Green Beans(20)<br>Wheat Roll(150)<br>Apple Pie(310) | **20**<br>Potato Pollock(330) Tartar(113)<br>Baked Sweet Potato(21)<br>California Blend Veg(34)<br>Cornbread Loaf(180)<br>Tropical Fruit Cup(5) |
| Cal: 865 Carb:115 Na:534 | Cal:729 Carb:107 Na:732 | Cal:777 Carb:80 Na:903 | Cal:843 Carb:112 Na:1372 | Cal:692 Carb:82) |
| **23**<br>**NO- GSSSI MEAL SERVICE** | **24**<br>**NO GSSSI MEAL SERVICE** | **25**<br>**NO GSSSI MEAL SERVICE** | **26**<br>**HOLIDAY- NO MEALS** | **27**<br>**NO GSSSI MEAL SERVICE** |
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| **30**<br>Chicken Cacciatore(431)<br>Cheese Tortellini(175)<br>Green Beans & Peppers(21)<br>Wheat Roll(150)<br>Pound Cake w/Berries(240) | | **Suggested voluntary donation $3/meal**<br>**Menu subject to change without notice.**<br>**Key for Symbols:**<br>Na= Sodium *Sodium content(>500mg)<br>Cal= Calories Sodium (mg)<br>**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.** |
| Cal:773 Carb:88 Na:1152 | | | | |