DECEMBER 2026 **Greater Springfield Senior Services, Inc.** **Home Delivered Menu** **Updated 10/28/2026**

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
Suggested voluntary donation $3/meal **Menu subject to change without notice.** **Key for Symbols:** Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	**1** Turkey Swedish Meatballs(480) Egg Noodles(7) Broccoli(38) Whole Grain Cornbread(180) Fresh Fruit(0)	**2** Unstuffed Pepper Bowl(276) Tuscan Blend Vegetables(26) Wheat Roll(150) Fresh Fruit(1)	**3** Chicken Anna Maria(338) Mashed Potatoes(23) Carrots(56) Wheat Bread(65) Chocolate Pudding(135)	**4** Braised Beef & Vegetables(161) Rice Pilaf(49) Spinach & Peppers(92) Dinner Roll(100) Applesauce(2)
Suggested voluntary donation $3/meal	Cal:798 Carb:102 Na:840	Cal:866 Carb:88 Na:613	Cal:760 Carb:82 Na:752	Cal:790 Carb:84 Na:512
7 Chicken Pot Pie(213) Green Beans(21) Buttermilk Biscuit(370) Mandarin Oranges(5)	**8** Honey Jerk Shrimp(577) White Rice(25) Stewed Beans(232) Wheat Bread Chilled Pears(0)	**9** Chicken Carbonara(633) Whole Grain Pasta(4) Broccoli(38) Wheat Bread(65) Shortbread Cookie(150)	**10** Southwest Beef & Bean Chili(366) California Blend Veg(34) Whole Grain Cornbread Bowl(160) Fresh Fruit(0)	**11** Turkey w/Cranberry Apple Chutney(429) Mashed Sweet Potatoes(20) Brussels Sprouts(26) Wheat Roll(150) Butterscotch Pudding(140)
Cal:770 Carb:78 Na:744	Cal:707 Carb:109 Na:1034	Cal:780 Carb:86 Na:1025	Cal:842 Carb:198 Na:791	Cal:667 Carb:99 Na:900
14 Meatloaf w/Gravy*(546) Garlic Mashed Potatoes(23) Spinach w/Peppers(65) Wheat Bread(65) Fresh Fruit(1)	**15** Chicken & Veg Stir Fry(307) White Rice(25) California Blend Veg(34) Wheat Roll9150) Vanilla Pudding(130)	**16** Herb Crusted White Fish(221) Rice Pilaf(50) Mixed Vegetables(51) Wheat Bread(65) Tartar(113) Mandarin Oranges(5)	**17HOLIDAY MEAL/HIGH SODIUM DAY** Maple Glazed Ham(585) Roasted Potatoes(85) Broccoli(38) Cranberry Roll(250) Cherry Pie(290)	**18** Beef Stroganoff(201) Egg Noodles(7) Brussels Sprouts(26) Whole Grain Cornbread(180) Applesauce(0)
Cal:742 Carb:86 Na:836	Cal:744 Carb:89 Na:781	Cal:810 Carb:113 Na:640	Cal:960 Carb:148 Na:1385	Cal:860 Carb:87 Na:549
21 French Onion Chicken(420) Mashed Potatoes(23) California Blend Veg(34) Dinner Roll9100) Chocolate Pudding(135)	**22** American Chop Suey(387) Carrots(56) Wheat Roll(150) Orange(0)	**23** White Bean & Chicken Chili(198) Vegetable Medley(54) Whole Grain Biscuit(370) Mandarin Oranges(5)	**24** Tuscan White Fish(413) Rice Pilaf(50) Broccoli(38) Wheat Roll(150) Oatmeal Cookie(90)	**25** **HOLIDAY- NO MEALS**
Cal:721 Carb:81 Na:847	Cal:712 Carb:76 Na:728	Cal:744 Carb:85 Na:858	Cal:730 Carb:79 Na:876	
28 Turkey Meatballs in Sauce*(532) Cheese Tortellini(200) Carrots(160) Wheat Roll(150) Tropical Fruit(5)	**29 HIGH SODIUM MEAL** Hot Ham & Cheese*(744) On Whole Grain Croissant(190) Sweet Potato Tots(200) California Blend Veg(34) Fresh Fruit(0) Mustard(55)	**30** Shrimp in Sundried Tomato Sauce*(529 Whole Grain Pasta(4) Broccoli(38) Dinner Roll(100) Pound Cake w/Blueberries(240)	**31** Homemade Crispy Chicken(185) Baked Beans(170) Beets & Greens(117) Cornbread Loaf(180) Chocolate Brownie Cookie(115)	**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(105mg Na) &margarine(30mg Na).**
Cal:798 Carb:84 Na:1182	Cal:710 Carb:96 Na:1328	Cal:663 Carb:95 Na:1046	Cal:1006 Carb:120 Na:902	