HAMPDEN COA DECEMBER 2026 **Greater Springfield Senior Services, Inc.** **COMMUNITY DINING MENU UPDATED 10/19/2026**

For Reservations or Cancellations call by 11:30 a.m. the day before at 566-5588. Suggested voluntary donation $3/meal

Monday	Tuesday	Wednesday	Thursday	Friday
Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine (15mg na)	**1** Turkey Swedish Meatballs(480 Egg Noodles(7) Broccoli(38) WG Cornbread(180) Fresh Fruit(0) Cal:798 Carb:102 Na:840	**2** Unstuffed Pepper Bowl(276) Tuscan Blend Vegetables(26) Wheat Roll(150) Fresh Fruit(1) Cal:866 Carb:88 Na:613	**3** Chicken Anna Maria(338) Mashed Potatoes(23) Carrots(56) Wheat Bread(65) Chocolate Pudding(135) Cal:760 Carb:82 Na:752	**4** Braised Beef & Vegetables(161) Rice Pilaf(49) Spinach & Peppers(92) Dinner Roll(100) Applesauce(2) Cal:790 Carb:84 Na:512
7 Chicken Pot Pie(213) Green Beans(21) Buttermilk Biscuit(370) Mandarin Oranges(5) Cal:770 Carb:78 Na:744	**8** Honey Jerk Shrimp(577) White Rice(25) Stewed Beans(232) Wheat Bread Chilled Pears(0) Cal:707 Carb:109 Na:1034	**9** Chicken Carbonara(633) Whole Grain Pasta(4) Broccoli(38) Wheat Bread(65) Shortbread Cookie(150) Cal:780 Carb:86 Na:1025	**10** Beef & Bean Chili(366) California Blend Veg(34) WG Cornbread Bowl(160) Fresh Fruit(0) Cal:842 Carb:198 Na:791	**11** Turkey w/Cranberry Apple (429) Mashed Sweet Potatoes(20) Brussels Sprouts(26) Wheat Roll(150) Butterscotch Pudding(140) 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) Cal:742 Carb:86 Na:836	**15** Chicken & Veg Stir Fry(307) White Rice(25) California Blend Veg(34) Wheat Roll9150) Vanilla Pudding(130) Cal:744 Carb:89 Na:781	**16** Herb Crusted White Fish(221) Rice Pilaf(50) Mixed Vegetables(51) Wheat Bread(65) Tartar(113) Mandarin Oranges(5) Cal:810 Carb:113 Na:640	**17 COLD PLATE** Tuna Salad Three Bean Salad Broccoli Salad Wheat Burger Bun Pound Cake Cal:832 Carb:89 Na:1152	**18 HOLIDAY MEAL /HIGH SODIUM DAY** Maple Glazed Ham(585) Roasted Potatoes(85) Broccoli(38) Cranberry Roll(250) Cherry Pie(290) Cal:960 Carb:148 Na:1385
21 French Onion Chicken(420) Mashed Potatoes(23) California Blend Veg(34) Dinner Roll9100) Chocolate Pudding(135) Cal:721 Carb:81 Na:847	**22** American Chop Suey(387) Carrots(56) Wheat Roll(150) Orange(0) Cal:712 Carb:76 Na:728	**23** White Bean & Chicken Chili(198) Vegetable Medley(54) Whole Grain Biscuit(370) Mandarin Oranges(5) Cal:744 Carb:85 Na:858	**24** Tuscan White Fish(413) Rice Pilaf(50) Broccoli(38) Wheat Roll(150) Oatmeal Cookie(90) Cal:730 Carb:79 Na:876	**25** **HOLIDAY- NO MEALS**
28 Turkey Meatballs in Sauce*(532) Cheese Tortellini(200) Carrots(160) Wheat Roll(150) Tropical Fruit(5) Cal:798 Carb:84 Na:1182	**29 HIGH SODIUM MEAL** Hot Ham & Cheese*(744) On WG Croissant(190) Sweet Potato Tots(200) California Blend Veg(34) Fresh Fruit(0) Mustard(55) Cal:710 Carb:96 Na:1328	**30** Shrimp in Sundried Tomato Sauce*(529 Whole Grain Pasta(4) Broccoli(38) Dinner Roll(100) Pound Cake w/Blueberries(240) Cal:663 Carb:95 Na:1046	**31** Crispy Chicken(185) Baked Beans(170) Beets & Greens(117) Cornbread Loaf(180) Brownie Cookie(115) Cal:1006 Carb:120 Na:902	**Key for Symbols:** Cal=Calories Na=Sodium Carb=Carbohydrates *Sodium Content (>500mg)