

April 2026

BRIMFIELD

Greater Springfield Senior Services, Inc.

Community Dining Menu 03/06/2026

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

| MONDAY   | TUESDAY   | WEDNESDAY        | THURSDAY   | FRIDAY           |
|--|---|------------------|--|------------------|
| <p><b>Total Sodium &amp; Calories include regular dessert, milk(125mg Na) &amp; margarine(15mg Na).</b></p> <p><b>Suggested voluntary donation \$3/meal</b></p> <p><b>Menu subject to change without notice.</b></p> | <p><b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X1136 for more information.</b></p> <p><b>Key for Symbols:</b> Carb= Carbohydrate<br/>Na= Sodium *Sodium content(&gt;500mg)<br/>Cal= Calories Sodium (mg)</p> | <p><b>1</b></p>  | <p><b>2</b></p> <p>Balsamic Chicken*(592)<br/>Brussels Sprouts(15)<br/>Rice Pilaf(38)<br/>Whole Wheat Bread(150)<br/>Chilled Peaches(6)</p> <p>Cal:697 Carb:110 Na:940</p>                     | <p><b>3</b></p>  |
| <p><b>6</b></p>  | <p><b>7</b></p> <p>Crab Cake*(600) w/tartar(130)<br/>Coleslaw(112)<br/>Steamed Corn(1)<br/>Whole Wheat Bread(150)<br/>Reg/Diet Cookies(70)</p> <p>Cal:655 Carb:92 Na:1192</p>   | <p><b>8</b></p>  | <p><b>9 BRIMFIELD BDAY MEAL</b></p> <p>Chicken Piccata*(554)<br/>Steamed Broccoli(9)<br/>Spaghetti Pasta(11)<br/>Italian Bread(230)<br/>Birthday Cake(215)</p> <p>Cal:805 Carb:105 Na:1164</p> | <p><b>10</b></p> |
| <p><b>13</b></p>   | <p><b>14</b></p> <p>Shrimp Scampi(520)<br/>California Blend Veg(17)<br/>Spaghetti Pasta(11)<br/>Whole Wheat Bread(150)<br/>Reg/Diet Cookies(70)</p> <p>Cal:617 Carb:65 Na:1072</p>  | <p><b>15</b></p> | <p><b>16</b></p> <p>Indian Style Butter Chicken*(518)<br/>Steamed Spinach (188)<br/>White Rice(4)<br/>Whole Wheat Bread(150)<br/>Mandarin Oranges(7)</p> <p>Cal:803 Carb:84 Na:1174</p>        | <p><b>17</b></p> |
| <p><b>20</b></p> <p><b>HOLIDAY- NO MEALS</b></p>   | <p><b>21</b></p> <p>Lasagna w/Marinara Sauce*(906)<br/>Steamed Broccoli(9)<br/>Whole Wheat Bread(210)<br/>Reg/Diet Cookies(85)</p> <p>Cal:507 Carb:75 Na:1109</p>   | <p><b>22</b></p> | <p><b>23</b></p> <p>Beef Stroganoff*(547)<br/>Brussels Sprouts(15)<br/>Egg Noodles(5)<br/>Wheat Roll(210)<br/>Apple Crisp(65) Whip(12)</p> <p>Cal:952 Carb:102 Na:995</p>                      | <p><b>24</b></p> |
| <p><b>27</b></p>   | <p><b>28</b></p> <p>Shepherd's Pie(215)<br/>Steamed Peas(97)<br/>Mashed Potato Topping<br/>12 Grain Bread(200)<br/>Peach Crisp(5) Whip(12)</p> <p>Cal:808 Carb:98 Na:671</p>  | <p><b>29</b></p> | <p><b>30</b></p> <p>Lemon Dill Salmon(145)<br/>Green Beans(5)<br/>Rice Pilaf(38)<br/>Whole Wheat Bread(150)<br/>Mandarin Oranges(7)</p> <p>Cal:719 Carb:93 Na:484</p>                          |                  |