

April 2026

HAMPDEN

Greater Springfield Senior Services, Inc.

Community Dining Menu 02/18/2026

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| <p>Total Sodium & Calories include regular dessert, milk(125mg Na) & margarine(15mg Na).</p> <p>Suggested voluntary donation \$3/meal Menu subject to change without notice.</p> | <p>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X1136 for more information.</p> <p>Key for Symbols: Carb= Carbohydrate Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)</p> | <p>1 COLD PLATE Cape Cod Tuna Salad(237) Broccoli Slaw(119) Bowtie Pasta Salad(34) Club Roll(340) Reg(17)/Diet Jello(35) w/Topping(12) Cal:772 Na:88/86 Na:900</p> | <p>2 Balsamic Chicken*(592) Brussels Sprouts(15) Rice Pilaf(38) Whole Wheat Bread(150) Chilled Peaches(6) Cal:697 Carb:110 Na:940</p> | <p>3</p> <p>NO MEAL SERVICE</p> |
| <p>6 SPRINGTIME MEAL Ham w/Pineapple (426) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Cheesecake(297) Cal:643 Carb:105 Na:1100</p> | <p>7 Crab Cake*(600) w/tartar(130) Coleslaw(112) Steamed Corn(1) Whole Wheat Bread(150) Reg/Diet Cookies(70) Cal:655 Carb:92 Na:1192</p> | <p>8 COLD PLATE/HIGH SODIUM DAY Turkey & Provolone(493) Tomato Soup(204) Macaroni Salad(294) Club Roll(340) Chilled Applesauce(14) Cal:848 Carb:80 Na:1485</p> | <p>9 BRIMFIELD BDAY MEAL Chicken Piccata*(554) Steamed Broccoli(9) Spaghetti Pasta(11) Italian Bread(230) Mixed Fruit(5) Cal:624 Carb:76 Na:948</p> | <p>10 Beef Taco Bowl(156) Tossed Salad(12) w/Ranch(112) Yellow Rice(192) Tortilla Chips(46) Fresh Fruit(2) Cal:624 Carb:60 Na:659</p> |
| <p>13 Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Reg(17)/Diet Jello(35) w/Topping(12) Cal:589 Carb:86 Na:916</p> | <p>14 Shrimp Scampi(520) California Blend Veg(17) Spaghetti Pasta(11) Whole Wheat Bread(150) Reg/Diet Cookies(70) Cal:617 Carb:65 Na:1072</p> | <p>15 Turkey Breakfast Sausage(367) Spiced Apples(20) Potatoes O'Brien(29) Syrup(23) French Toast Bites(270) Fresh Fruit(2) Orange Juice(26) Cal:794 Carb:130 Na:872</p> | <p>16 Indian Style Butter Chicken*(518) Steamed Spinach (188) White Rice(4) Whole Wheat Bread(150) Mandarin Oranges(7) Cal:803 Carb:84 Na:1174</p> | <p>17 Hamburger w/Chz(422) Ketchup(82) Onions & Mushrooms(96) Roasted Red Potatoes(29) Wheat Burger Bun(227) Chilled Pineapple(1) Cal:711 Carb:89 Na:997</p> |
| <p>20</p> <p>HOLIDAY- NO MEALS</p> | <p>21 Lasagna w/Marinara Sauce*(906) Steamed Broccoli(9) Whole Wheat Bread(210) Reg/Diet Cookies(85) Cal:507 Carb:75 Na:1109</p> | <p>22 BIRTHDAY MEAL/HIGH SODIUM BBQ Chicken*(868) Potato Salad(215) Steamed Corn(4) Cornbread(180) Reg(240)/Diet Cupcake(166) Cal:881 Carb:113 Na:1421</p> | <p>23 Beef Stroganoff*(547) Brussels Sprouts(15) Egg Noodles(5) Wheat Roll(210) Apple Crisp(65) Whip(12) Cal:952 Carb:102 Na:995</p> | <p>24 Butter Crumb Fish(296) Tossed Salad w/Italian(110) Lemon Rice(19) Whole Wheat Bread(150) Fresh Fruit(1) Cal:665 Carb:79 Na:843</p> |
| <p>27 Mac & Cheese (296) Stewed Tomatoes(205) Whole Wheat Bread (150) Cranberry Juice (3) Mixed Fruit(5) Cal:643 Carb:96 Na:798</p> | <p>28 Shepherd's Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Peach Crisp(5) Whip(12) Cal:808 Carb:98 Na:671</p> | <p>29 Rosé Chicken*(531) Parslied Carrots(62) Penne Pasta(22) Whole Wheat Bread(150) Fresh Fruit(1) Cal:527 Carb:74 Na:780</p> | <p>30 Lemon Dill Salmon(145) Green Beans(5) Rice Pilaf(38) Whole Wheat Bread(150) Mandarin Oranges(7) Cal:719 Carb:93 Na:484</p> | |