

May 2026

BRIMFIELD

Greater Springfield Senior Services, Inc.

Community Dining

Updated 04/08/2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested voluntary donation \$3 Menu subject to change without notice.</p>	<p>Key for Symbols: Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(>500mg) Carbs listed for both reg/diet desserts</p>		<p>Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).</p>	<p>1</p>
<p>4 If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8800 X 1136 for more information.</p>	<p>5 American Chop Suey(128) Steamed Broccoli(9) Wheat Roll(210) Chilled Pineapple(1)</p>	<p>6</p>	<p>7 Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(150) Applesauce(14)</p>	<p>8</p>
	<p>Cal:666 Carb:97 Na:492</p>		<p>Cal:663 Carb:82 Na:803</p>	
<p>11</p>	<p>12 Site closed- no lunch service</p>	<p>13</p>	<p>14 Site closed- no lunch service</p>	<p>15</p>
<p>18</p>	<p>19 Butter Crumb Fish(296) Green Beans(9) ½ Baked Sweet Potato(33) Whole Wheat Bread(150) Fresh Fruit(0) Tartar(130)</p>	<p>20</p>	<p>21 Site closed- no lunch service</p>	<p>22</p>
	<p>Cal:556 Carb:69 Na:604</p>			
<p>25 HOLIDAY- NO MEALS</p>	<p>26 Balsamic Chicken(592) Brussels Sprouts(15) Rice Pilaf(38) Whole Wheat Bread(150) Chilled Peaches(6)</p>	<p>27</p>	<p>28 Beef Taco Bowl(156) Tossed Salad(12) w/Ranch(110) Yellow Rice(192) Tortilla Chips(46) Fresh Fruit(1)</p>	<p>29</p>
	<p>Cal:697 Carb:109 Na:940</p>		<p>Cal:606 Carb:55 Na:659</p>	