

May 2026

HAMPDEN

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
Suggested voluntary donation \$3 Menu subject to change without notice.	Key for Symbols: Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(>500mg) Carbs listed for both reg/diet desserts	If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8800 X 1136 for more information.	Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).	1 Beef Stew(129) Mashed Potatoes(118) Whole Wheat Roll(210) Fresh Fruit(1)
				Cal:751 Carb:89 Na:599
4 Jamaican Jerk Style Chicken(489) Collard Greens(135) Coconut Rice(171) Oatnut Bread(150) Fresh Fruit(2)	5 American Chop Suey(128) Steamed Broccoli(9) Wheat Roll(210) Chilled Pineapple(1)	6 COLD PLATE/HIGH SODIUM DAY Chef Salad w/Ham & Turkey*(817) Macaroni Salad(294) Whole Wheat Bread(150) Reg(17)/Diet Jello w/Whip(12)	7 Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(150) Applesauce(14)	8 MOTHER'S DAY MEAL Lemon Chicken(305) Steamed Asparagus(9) Mashed Potatoes(118) Multigrain Bread(200) Cherry Cheesecake(307)/Pound Cake(240)
Cal:845 Carb:106 Na:1087	Cal:666 Carb:97 Na:492	Cal:786 Carb:54 Na:1430	Cal:663 Carb:82 Na:803	Cal:858 Carb:113/92 Na:1072
11 Chicken Pesto Alfredo *(835) w/Broccoli Garlic Bread(210) Orange Juice(0) Chilled Peaches(6)	12 COLD PLATE Cape Cod Tuna Salad(237) Pickled Beets(195) Celery Salad(75) Club Roll(340) Mandarin Oranges(7)	13 BIRTHDAY/HIGH SODIUM DAY Chicken Cordon Bleu*(684) Parslied Carrots(62) Rice Pilaf(39) Whole What Bread(150) Reg(240)/Diet Cupcake(166)	14 Meatloaf w/Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(150) Reg(17)/Diet Jello w/Whip(12)	15 BBQ Pulled Pork(365) Coleslaw(122) Baked Beans(291) Wheat Burger Bun(160) Fresh Fruit(1)
Cal:800 Carb:86 Na:1198	Cal:646 Na:77 Na:1024	Cal:818 Carb:100/88 Na:1379	Cal:576 Carb:65/63 Na:718	Cal:668 Carb:76 Na:1070
18 COLD PLATE Classic Chicken Salad(90) Broccoli Slaw(119) Barley Raisin Salad(164) Whole Wheat Roll(210) Mixed Fruit(5)	19 Butter Crumb Fish(296) Green Beans(9) ½ Baked Sweet Potato(33) Whole Wheat Bread(150) Fresh Fruit(0) Tartar(130)	20 Spaghetti & Meatballs(338) Tossed Salad w/Italian(106) Garlic Toast(210) Reg(17)/Diet Jello w/Whip(12)	21 Pot Roast w/Gravy (126) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(150) Reg(85)/Diet Cookie(85)	22 Mediterranean Turkey(436) Marinated Cucumber Salad(46) Couscous(8) Oatnut Bread(150) Apple Crisp(65) Whip[(12)
Cal:704 Carb:93 Na:728	Cal:556 Carb:69 Na:604	Cal:673 Carb:87 Na:828	Cal:696 Carb:81 Na:614	Cal:821 Carb:111 Na:858
25 HOLIDAY- NO MEALS	26 Balsamic Chicken(592) Brussels Sprouts(15) Rice Pilaf(38) Whole Wheat Bread(150) Chilled Peaches(6)	27 Lemon Dill Salmon(145) Steamed Broccoli(9) Couscous(8) Whole Wheat Bread(150) Reg(85)/Diet Cookie(85)	28 Beef Taco Bowl(156) Tossed Salad(12) w/Ranch(110) Yellow Rice(192) Tortilla Chips(46) Fresh Fruit(1)	29 Turkey w/Gravy*(549) Green Beans(5) Mashed Potatoes(26) Whole Wheat Bread(150) Applesauce(14)
	Cal:697 Carb:109 Na:940	Cal:629 Carb:81 Na:557	Cal:606 Carb:55 Na:659	Cal:630 Carb:81 Na: 884