

May 2026

WILBRAHAM

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><b>Suggested voluntary donation \$3</b>  <b>Menu subject to change without notice.</b></p>	<p><b>Key for Symbols:</b>                      Cal= Calories                      Na= Sodium                      Carb= Carbohydrates                      *Sodium Content(&gt;500mg)                      Carbs listed for both reg/diet desserts</p>	<p><b>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8800 X 1136 for more information.</b></p>	<p><b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp; margarine(15mg Na).</b></p>	<p><b>1</b>                      Beef Stew(129)                      Mashed Potatoes(118)                      Whole Wheat Roll(210)                      Fresh Fruit(1)                      Cal:751 Carb:89 Na:599</p>
<p><b>4</b>                      Jamaican Jerk Style Chicken(489)                      Collard Greens(135)                      Coconut Rice(171)                      Oatnut Bread(150)                      Fresh Fruit(2)                      Cal:845 Carb:106 Na:1087</p>	<p><b>5</b></p>	<p><b>6 COLD PLATE/HIGH SODIUM DAY</b>                      Chef Salad w/Ham &amp; Turkey*(817)                      Macaroni Salad(294)                      Whole Wheat Bread(150)                      Reg(17)/Diet Jello w/Whip(12)                      Cal:786 Carb:54 Na:1430</p>	<p><b>7</b></p>	<p><b>8 MOTHER'S DAY MEAL</b>                      Lemon Chicken(305)                      Steamed Asparagus(9)                      Mashed Potatoes(118)                      Multigrain Bread(200)                      Cherry Cheesecake(307)/Pound Cake(240)                      Cal:858 Carb:113/92 Na:1072</p>
<p><b>11</b>                      Chicken Pesto Alfredo *(835)                      w/Broccoli                      Garlic Bread(210)                      Orange Juice(0)                      Chilled Peaches(6)                      Cal:800 Carb:86 Na:1198</p>	<p><b>12</b></p>	<p><b>13 BIRTHDAY/HIGH SODIUM DAY</b>                      Chicken Cordon Bleu*(684)                      Parslied Carrots(62)                      Rice Pilaf(39)                      Whole What Bread(150)                      Chocolate Cake(330)                      Cal:948 Carb:114 Na:1469</p>	<p><b>14</b></p>	<p><b>15</b>                      BBQ Pulled Pork(365)                      Coleslaw(122)                      Baked Beans(291)                      Wheat Burger Bun(160)                      Fresh Fruit(1)                      Cal:668 Carb:76 Na:1070</p>
<p><b>18 COLD PLATE</b>                      Classic Chicken Salad(90)                      Broccoli Slaw(119)                      Barley Raisin Salad(164)                      Whole Wheat Roll(210)                      Mixed Fruit(5)                      Cal:704 Carb:93 Na:728</p>	<p><b>19</b></p>	<p><b>20</b>                      Spaghetti &amp; Meatballs(338)                      Tossed Salad w/Italian(106)                      Garlic Toast(210)                      Reg(17)/Diet Jello w/Whip(12)                      Cal:673 Carb:87 Na:828</p>	<p><b>21</b></p>	<p><b>22</b>                      Mediterranean Turkey(436)                      Marinated Cucumber Salad(46)                      Couscous(8)                      Oatnut Bread(150)                      Apple Crisp(65) Whip[(12)                      Cal:821 Carb:111 Na:858</p>
<p><b>25</b>  <b>HOLIDAY- NO MEALS</b></p>	<p><b>26</b></p>	<p><b>27</b>                      Lemon Dill Salmon(145)                      Steamed Broccoli(9)                      Couscous(8)                      Whole Wheat Bread(150)                      Reg(85)/Diet Cookie(85)                      Cal:629 Carb:81 Na:557</p>	<p><b>28</b></p>	<p><b>29</b>                      Turkey w/Gravy*(549)                      Green Beans(5)                      Mashed Potatoes(26)                      Whole Wheat Bread(150)                      Applesauce(14)                      Cal:630 Carb:81 Na: 884</p>