

July 2026

BRIMFIELD

Greater Springfield Senior Services, Inc.

Community Dining 06/05/2026

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</p> <p>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</p>	<p>2</p> <p>Jamaican Jerk Style Chicken(489) Collard Greens(135) Coconut Rice(171) Oatnut Bread(150) Reg(17)/Diet Jello(0) Whip(12)</p> <p>Cal:795 Carb:85 Na:1115</p>	<p>3</p>
<p>6</p> <p>HOLIDAY- NO MEALS</p>	<p>7</p> <p>Chicken Cordon Bleu*(684) Parslied Carrots(62) Rice Pilaf(127) Whole What Bread(150) Chilled Pineapple(1)</p> <p>Cal:695 Carb:90 Na:1149</p>	<p>8</p>	<p>9</p> <p>Meatloaf w/Gravy(304) Steamed Peas(97) Mashed Potatoes(232) Whole Wheat Bread(150) Applesauce(14)</p> <p>Cal:607 Carb:73 Na:876</p>	<p>10</p>
<p>13</p>	<p>14</p> <p>SITE CLOSED</p>	<p>15</p>	<p>16</p> <p>SITE CLOSED</p>	<p>17</p>
<p>20</p>	<p>21 COLD PLATE</p> <p>Cape Cod Tuna Salad(237) Tossed Salad w/Ranch(119) Pickled Beets(195) Wheat Hamburger Bun(227) Applesauce(14)</p> <p>Cal:574 Carb:71 Na:936</p>	<p>22</p>	<p>23 BRIMFIELD BDAY MEAL</p> <p>Pot Roast w/Gravy(116) Spinach(188) Mashed Potatoes(232) Whole Wheat Bread(150) Sheet Cake(200)</p> <p>Cal:779 Carb:93 Na:935</p>	<p>24</p>
<p>27</p>	<p>28</p> <p>Turkey w/Gravy*(549) Green Beans(5) Mashed Potatoes(26) Whole Wheat Bread(150) Reg(17)/Diet Jello(0)w/Whip(12)</p> <p>Cal:599 Carb:66/64 Na: 1105</p>	<p>29</p>	<p>30</p> <p>Chicken Marsala*(523) Steamed Broccoli(9) Penne Pasta(1) Italian Bread(150) Reg/Diet Cookies(85)</p> <p>Cal:592 Carb:80 Na:959</p>	<p>31</p>