

July 2026

HAMPDEN

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 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 Turkey(358) & Provolone(174) Celery Salad(75) Mayo (100) Macaroni Salad(294) Flour Tortilla(170) Chilled Pineapple(1) Cal: 752 Carb:72 Na:1314</p>	<p>2 Jamaican Jerk Style Chicken(489) Collard Greens(135) Coconut Rice(171) Oatnut Bread(150) Reg(17)/Diet Jello(0) Whip(12) Cal:795 Carb:85 Na:1115</p>	<p>3</p>
<p>6</p> <p>HOLIDAY- NO MEALS</p>	<p>7 Chicken Cordon Bleu*(684) Parslied Carrots(62) Rice Pilaf(127) Whole What Bread(150) Chilled Pineapple(1) Cal:695 Carb:90 Na:1149</p>	<p>8 COLD PLATE Chef Salad w/Ham & Turkey*(532) Bowtie Pasta Salad(64) Whole Wheat Bread(150) Reg(17)/Diet Jello(0) w/Whip(12) Ranch Dressing(110) Cal:672 Carb:57 Na:1025</p>	<p>9 Meatloaf w/Gravy(304) Steamed Peas(97) Mashed Potatoes(232) Whole Wheat Bread(150) Applesauce(14) Cal:607 Carb:73 Na:876</p>	<p>10 Chicken Pesto Alfredo *(325) Tossed Salad w/Italian(119) Garlic Bread(210) Reg/Diet Cookies(85) Cal:901 Carb:67 Na:873</p>
<p>13 COLD PLATE Egg Salad(369) Broccoli Slaw(119) Three Bean Salad(119) Club Roll(340) Reg(17)/Diet Jello(0)w/Whip(12) Cal:1019 Carb:78/75 Na:1101</p>	<p>14 Lemon Chicken(305) Steamed Asparagus(3) Roasted Red Potatoes(22) Multigrain Bread(200) Reg/Diet Cookies(70) Cal:6285 Carb:113/92 Na:1072</p>	<p>15</p>	<p>16 Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(150) Fresh Fruit(1) Cal:707 Carb:91 Na:805</p>	<p>17 HIGH SODIUM DAY BBQ Pulled Pork(365) Potato Salad(215) Baked Beans(291) Wheat Burger Bun(227) Applesauce(14) Cal:799 Carb:80 Na:1252</p>
<p>20 White Bean Turkey Chili(335) Parslied Carrots(62) Baked Potato(9) Cornbread Muffin(180) Reg(85)/Diet Cookie(85) Cal:793 Carb:119 Na:811</p>	<p>21 COLD PLATE Cape Cod Tuna Salad(237) Tossed Salad w/Ranch(119) Pickled Beets(195) Wheat Hamburger Bun(227) Applesauce(14) Cal:574 Carb:71 Na:936</p>	<p>22 BIRTHDAY MEAL Spaghetti & Meatballs*(531) Steamed Broccoli(9) Wheat Roll(210) Reg(240)/Diet Cupcake(166) Cal:770 Carb:98/86 Na:1096</p>	<p>23 Pot Roast w/Gravy(116) Spinach(188) Mashed Potatoes(232) Whole Wheat Bread(150) Fresh Fruit(2) Cal:715 Carb:91 Na:736</p>	<p>24 Bruschetta Chicken*(273) Tossed Salad w/Italian(106) Garlic Toast(210) Chilled Pineapple(1) Cal:682 Carb:61 Na:716</p>
<p>27 COLD PLATE Ham & Swiss (336) Carrot Raisin Salad(179) English Pea Salad(183) Wheat Burger Bun(227) Fresh Fruit(0) Mustard(55) Cal:799 Carb:85 Na:1121</p>	<p>28 Turkey w/Gravy*(549) Green Beans(5) Mashed Potatoes(26) Whole Wheat Bread(150) Reg(17)/Diet Jello(0)w/Whip(12) Cal:599 Carb:66/64 Na: 1105</p>	<p>29 Beef Taco Bowl(156) Tossed Salad(12) w/Ranch(110) Yellow Rice(192) Tortilla Chips(46) Applesauce(14) Cal:576 Carb:47 Na:671</p>	<p>30 Chicken Marsala*(523) Steamed Broccoli(9) Penne Pasta(1) Italian Bread(150) Reg/Diet Cookies(85) Cal:592 Carb:80 Na:959</p>	<p>31 Crab Cake*(600) w/tartar(130) Coleslaw(112) Steamed Corn(1) Whole Wheat Bread(150) Mixed Fruit(5) Cal:665 Carb:93 Na:1139</p>