

July 2026

WILBRAHAM

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><b>Total Sodium &amp; Calories include regular dessert, milk(125mg Na) &amp; margarine(15mg Na). Suggested voluntary donation \$3/meal Menu subject to change without notice.</b></p>   |  | <p><b>1 COLD PLATE</b><br/>                     Turkey(358) &amp; Provolone(174)<br/>                     Celery Salad(75) Mayo (100)<br/>                     Macaroni Salad(294)<br/>                     Flour Tortilla(170)<br/>                     Chilled Pineapple(1)<br/>                     Cal: 752 Carb:72 Na:1314</p> | <p><b>2</b></p>   | <p><b>3 HIGH SODIUM DAY</b><br/>                     Hot Dog w/Bun*(750)<br/>                     Potato Salad(215)<br/>                     Baked Beans(219)<br/>                     Fresh Fruit(1)<br/>                     Ketchup(82)/Mustard(55)<br/>                     Cal:839 Carb:83 Na:1432</p> |
|  | <p><b>6</b><br/><b>HOLIDAY- NO MEALS</b></p> | <p><b>7</b><br/><b>Key for Symbols:</b><br/>                     Na= Sodium *Sodium content(&gt;500mg)<br/>                     Cal= Calories Sodium (mg)<br/>                     Carb= Carbohydrate</p>   | <p><b>8 COLD PLATE</b><br/>                     Chef Salad w/Ham &amp; Turkey*(532)<br/>                     Bowtie Pasta Salad(64)<br/>                     Whole Wheat Bread(150)<br/>                     Reg(17)/Diet Jello(0) w/Whip(12)<br/>                     Ranch Dressing(110)<br/>                     Cal:672 Carb:57 Na:1025</p> | <p><b>9</b></p>   |
| <p><b>13 COLD PLATE</b><br/>                     Egg Salad(369)<br/>                     Broccoli Slaw(119)<br/>                     Three Bean Salad(119)<br/>                     Club Roll(340)<br/>                     Reg(17)/Diet Jello(0)w/Whip(12)<br/>                     Cal:1019 Carb:78/75 Na:1101</p>             | <p><b>14</b></p>                             | <p><b>15</b><br/>                     Mediterranean Turkey(436)<br/>                     Marinated Cucumber Salad(46)<br/>                     Couscous(8)<br/>                     Oatnut Bread(150)<br/>                     Blueberry Crisp(56)<br/>                     Cal:793 Carb:112 Na:836</p>                             | <p><b>16</b></p>  | <p><b>17 HIGH SODIUM DAY</b><br/>                     BBQ Pulled Pork(365)<br/>                     Potato Salad(215)<br/>                     Baked Beans(291)<br/>                     Wheat Burger Bun(227)<br/>                     Applesauce(14)<br/>                     Cal:799 Carb:80 Na:1252</p> |
| <p><b>20</b><br/>                     White Bean Turkey Chili(335)<br/>                     Parslied Carrots(62)<br/>                     Baked Potato(9)<br/>                     Cornbread Muffin(180)<br/>                     Reg(85)/Diet Cookie(85)<br/>                     Cal:793 Carb:119 Na:811</p>                   | <p><b>21</b></p>                             | <p><b>22 BIRTHDAY MEAL</b><br/>                     Spaghetti &amp; Meatballs*(531)<br/>                     Steamed Broccoli(9)<br/>                     Wheat Roll(210)<br/>                     Sheet Cake(200)<br/>                     Cal:758 Carb:96 Na:1056</p>   | <p><b>23</b></p>  | <p><b>24</b><br/>                     Bruschetta Chicken*(273)<br/>                     Tossed Salad w/Italian(106)<br/>                     Garlic Toast(210)<br/>                     Chilled Pineapple(1)<br/>                     Cal:682 Carb:61 Na:716</p>  |
| <p><b>27 COLD PLATE</b><br/>                     Ham &amp; Swiss (336)<br/>                     Carrot Raisin Salad(179)<br/>                     English Pea Salad(183)<br/>                     Wheat Burger Bun(227)<br/>                     Fresh Fruit(0) Mustard(55)<br/>                     Cal:799 Carb:85 Na:1121</p> | <p><b>28</b></p>                             | <p><b>29</b><br/>                     Beef Taco Bowl(156)<br/>                     Tossed Salad(12) w/Ranch(110)<br/>                     Yellow Rice(192)<br/>                     Tortilla Chips(46)<br/>                     Applesauce(14)<br/>                     Cal:576 Carb:47 Na:671</p>                                  | <p><b>30</b></p>  | <p><b>31</b><br/>                     Crab Cake*(600) w/tartar(130)<br/>                     Coleslaw(112)<br/>                     Steamed Corn(1)<br/>                     Whole Wheat Bread(150)<br/>                     Mixed Fruit(5)<br/>                     Cal:665 Carb:93 Na:1139</p>            |