

BRIMFIELD

Greater Springfield Senior Services, Inc.

Community Dining Menu Updated 08/05/2026

For Reservations or Cancellations call the site you attend by 11:30 a.m. the day before.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information. Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine (15mg Na).	1 COLD PLATE Cape Cod Tuna Salad(237) Coleslaw(112) Pickled Beets(195) Wheat Bun(227) Reg/Diet Cookies(85)	2	3 Eggplant Parmesan*(487) Steamed Broccoli(9) Penne w/Sauce(95) Whole Wheat Bread(150) Chilled Peaches(1)	4
	Cal:637 Carb:81 Na:997		Cal:712 Carb:102 Na:984	
7	8 SITE CLOSED	9	10 SITE CLOSED	11
14	15 Pollock Piccata(524) Dilled Carrots(62) Rice Pilaf(127) Oatnut Bread(150) Chilled Pineapple(1)	16	17 Turkey Chili(335) Cheesy Broccoli(147) Baked Potato(9) Dinner Roll(210) Reg(17)/Diet Jello(0) w/Whip(12)	18
	Cal:590 Carb:90 Na:1004		Cal:728 Carb:95 Na:870	
21	22 Crab Cake*(600) w/tartar(130) Coleslaw(112) Steamed Corn(1) Whole Wheat Bread(150) Applesauce(14)	23	24 HIGH SODIUM DAY BBQ Chicken*(494) Potato Salad(215) Baked Beans(291) Cornbread(180) Fudge Round Cookie(80)	25
	Cal:601 Carb:89 Na:1031		Cal:807 Carb:100 Na:1386	
28	29 Shepherd’s Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Peach Crisp(46)	30		Suggested voluntary donation \$3/meal Menu subject to change without notice. Key for Symbols: Cal= Calories (mg Na in each item) Carb=Carbohydrates Carbs listed for both reg/diet desserts Na= Sodium *Sodium content(>500mg)