

SEPTEMBER 2026

HAMPDEN

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) Cal:637 Carb:81 Na:997	2 Beef Taco Bowl(156) Tossed Salad(12) w/Ranch(110) Yellow Rice(192) Tortilla Chips(46) Fresh Fruit(1) Cal:606 Carb:55 Na:659	3 Eggplant Parmesan*(487) Steamed Broccoli(9) Penne w/Sauce(95) Whole Wheat Bread(150) Chilled Peaches(1) Cal:712 Carb:102 Na:984	4 Turkey w/Gravy*(549) Green Beans(5) Mashed Potatoes(26) Whole Wheat Bread(150) Applesauce(14) Cal:601 Carb:74 Na: 1089
7 HOLIDAY- NO MEALS	8 Cheese Omelet(293) Spiced Apples(24) Potatoes O’Brien(7) French Toast Bites(270) Fresh Fruit(2) Cal:738 Carb:96 Na:736	9 HIGH SODIUM DAY Hot Dog w/Bun*(750) Steamed Corn(4) Baked Beans(219) Applesauce(14) Ketchup(82)/Mustard(55) Cal:731 Carb:91 Na:1221	10 Chicken Scampi(833)* California Blend Veg(17) Rice Pilaf(121) Whole Wheat Bread(150) Sheet Cake(345) Cal:818 Carb:93 Na:1123	11 BIRTHDAY MEAL Spaghetti & Meatballs*(531) Steamed Broccoli(9) Wheat Roll(210) Reg(240)/Diet Cupcake(166) Cal:731 Carb:96/84 Na:1115
14 Beef Teriyaki(478) Green Beans(5) Lo Mein Noodles(74) Whole Wheat Bread(150) Mandarin Oranges(7) Cal:682 Carb:59 Na:853	15 Pollock Piccata(524) Dilled Carrots(62) Rice Pilaf(127) Oatnut Bread(150) Chilled Pineapple(1) Cal:590 Carb:90 Na:1004	16 COLD PLATE Ham(283) & Swiss(53) Celery Salad(75) Potato Salad(215) Whole Wheat Bread(150) Applesauce(14) Mayo(100) Cal:665 Carb:58 Na:1031	17 BIG E MEAL / THUNDERBIRDS Turkey Chili(335) Cheesy Broccoli(147) Baked Potato(9) Dinner Roll(210) Reg(17)/Diet Jello(0) w/Whip(12) Cal:728 Carb:95 Na:870	18 National Cheeseburger Day Cheeseburger*(550) Onions & Mushrooms(96) Roasted Potatoes(22) Hamburger Bun(230) Fresh Fruit(1) Cal:641 Carb:86 Na:1024
21 Ham w/Pineapple(426) Green Beans(5) Au Gratin Potatoes(255) WW Roll(210) Fresh Fruit(1) Cal: 1033 Carb:181 Na:1037	22 Crab Cake*(600) w/tartar(130) Coleslaw(112) Steamed Corn(1) Whole Wheat Bread(150) Applesauce(14) Cal:601 Carb:89 Na:1031	23 Ravioli w/Meat Sauce(394) Steamed Broccoli(9) 12 Grain Bread(200) Reg/Diet Cookies(85) Cal:503 Carb:68 Na:708	24 HIGH SODIUM DAY BBQ Chicken*(494) Potato Salad(215) Baked Beans(291) Cornbread(180) Fudge Round Cookie(80) Cal:807 Carb:100 Na:1386	25 Meatloaf w/Mushroom Gravy(365) Parslied Carrots(62) Mashed Potatoes(232) Dinner Roll(210) Blueberry Crisp(56) Cal:737 Carb:91 Na:1064
28 BIG E MEAL Pulled Pork(365) Orange Juice(0) Green Beans(5) Mac & Cheese (296) Cornbread(180) Reg/Diet Cookies(85) Cal:877 Carb:94 Na:922	29 Shepherd’s Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Peach Crisp(46) Cal:777 Carb:97 Na:698	30 Coconut Fish(60) Ginger Lime Slaw(26) Pineapple Fried Rice(190) Whole Wheat Bread(150) Mandarin Oranges(7) Cal:541 Carb:77 Na:574		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)