

December 2025

BRIMFIELD

Greater Springfield Senior Services, Inc.

Community Dining Menu 11/04/2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Fish Chowder(421) Green Beans(3) Whole Wheat Bread(150) Chilled Pineapple(1)	3	4 BIRTHDAY MEAL Pot Roast w/Gravy (126) Steamed Peas(97) Mashed Potatoes(118) Whole Wheat Bread(150) Birthday Cake(215)	5
	Cal:582 Carb:76 Na:725		Cal:846 Carb:100 Na:823	
8	9 American Chop Suey(211) Roman Blend Veg(26) Wheat Roll(210) Fudge Round Cookie(80)	10	11 Braised Pork w/Apple Gravy(298) Steamed Peas(97) Herb Roasted Potatoes(22) Whole Wheat Bread(150) Cookies(70)	12
	Cal:720 Carb:95 Na:667		Cal:795 Carb:100 Na:755	
15	16 SOUP & SANDWICH DAY Tarragon Tuna Salad(372) Celery Salad(75) Butternut Bisque(84) Club Roll(340) Fresh Fruit(1)	17	17 WINTER HOLIDAY MEAL Ham with Pineapple(426) Green Beans(3) Au Gratin Potatoes(166) Dinner Roll(210) Chocolate Mousse w/Topping(222)	19
	Cal:740 Carb:88 Na:996		Cal:900 Carb:115 Na:1167	
22	23 Cranberry Apple Chicken(278) Steamed Spinach(188) Roasted Red Potatoes(22) Multigrain Bread(200) Reg(53)/Diet Jello(35)w/Topping(12)	24	HOLIDAY- NO MEALS	26
	Cal:689 Carb:82/80 Na:766			
29	30 HIGH SODIUM DAY Hot Dog w/Bun*(750) Broccoli Slaw(119) Baked Beans(140) Mixed Fruit(5) Ketchup(82)/Mustard(55)	31	Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na). Suggested voluntary donation \$3/meal Menu subject to change without notice.	If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X1136 for more information. Key for Symbols: Carb= Carbohydrate Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)
	Cal:759 Carb:79 Na:1412			