

January 2025

BRIMFIELD

Greater Springfield Senior Services, Inc.

Community Dining Menu UPDATED 11/27/2024

For Reservations or Cancellations call by 11:30 a.m. the day before at the site you attend. \*Effective January 1, 2025, the suggested donation amount per meal will be increased to \$3. Please note that this is not a mandatory fee, and donations are voluntary. All donations are handled confidentially and will not impact the type of meal provided

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Menu subject to change without notice.</b> <b>Suggested voluntary donation *\$3/meal</b> <b>Key for Symbols:</b> Na: Sodium *Higher sodium item(>500mg) Cal= Calories Sodium (mg) Carb= Carbs/Carbs with Low Carb Dessert	<b>If you have a special concern regarding sodium, call GSSSI 781-8806 X 1136 for more information.</b>  <b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp; margarine(15mg Na).</b>	<b>1</b>	<b>2 HAPPY NEW YEAR</b> Chicken Parmesan w/Pasta((418) Italian Blend Veg(19) Orange Juice(0) Dinner Roll(150) Apple Crisp(65) Cal:856 Carb:122 Na:729	<b>3</b>
<b>6</b>	<b>7</b> Hamburger w/Chz(540) Ketchup(82) Onions & Mushrooms(96) Roasted Red Potatoes(28) Wheat Burger Bun(330) Mandarin Oranges(6) Cal:728 Carb:87 Na:1105	<b>8</b>	<b>9 HIGH SODIUM DAY</b> Turkey w/ Gravy*(549) Collard Greens(135) Butternut Squash(26) Buttermilk Biscuit(172) Reg(70)/Diet Cookies(70) Cal:693 Carb:81 Na:1227	<b>10</b>
<b>13</b>	<b>14</b> Ham w/Pineapple Sauce*(545) Herbed Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Fresh Fruit(1) Cal:562 Carb:94 Na:804	<b>15</b>	<b>16 SOUP &amp; SANDWICH</b> Cape Cod Chicken Salad (125) Celery Salad (75) Butternut Bisque (84) Club Roll (340) Rice Krispie Treat (88) Cal:736 Carb:98 Na:851	<b>17</b>
<b>20</b>	<b>21</b> Fish Chowder(421) Green Beans(5) Oyster Crackers(140) Mandarin Oranges(7) Cal:526 Carb:66 Na:705	<b>22</b>	<b>23</b> Chicken Fajitas(491) Fajita Blend Vegetables(3) Yellow Rice(20) Sour Cream(9) Flour Tortilla(170) Fresh Fruit(1) Cal:505 Carb:60 Na:896	<b>24</b>
<b>27</b>	<b>28</b> Eggplant Parmesan*(659) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Applesauce(15) Cal:810 Carb:99 Na:1177	<b>29</b>	<b>30 BIRTHDAY MEAL</b> Braised Pork w/Apple Gravy(298) Steamed Peas(58) Herb Roasted Potatoes(46) Whole Wheat Bread(150) Birthday Cake (215) Cal:930 Carb:112 Na:950	<b>31</b>

