

January 2025

HAMPDEN

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
<p>Menu subject to change without notice. Suggested voluntary donation *\$3/meal Key for Symbols: Na: Sodium *Higher sodium item(>500mg) Cal= Calories Sodium (mg) Carb= Carbs/Carbs with Low Carb Dessert</p>	<p>If you have a special concern regarding sodium, call GSSSI 781-8806 X 1136 for more information.</p> <p>Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).</p>	<p>1</p> <p>HOLIDAY- NO MEALS</p>	<p>2 HAPPY NEW YEAR Chicken Parmesan w/Pasta((418) Italian Blend Veg(19) Orange Juice(0) Dinner Roll(150) Apple Crisp(65) Cal:856 Carb:122 Na:729</p>	<p>3 Hot Dog w/Bun*(750) Potato Salad(214) Baked Beans(140) Ketchup(82) Reg(53)/Diet Jello(35) w/Topping(12) Cal:835 Carb:72/70 Na:1456</p>
<p>6 Breakfast Sausage(367) Scrambled Eggs(223) Potatoes O'Brien(29) Cranberry Snack Loaf(120) Spiced Apples (20) Cal:587 Carb:59 Na:904</p>	<p>7 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</p>	<p>8 SOUP & SANDWICH/HIGH SODIUM DAY Ham & Swiss (407) Mayo (100) Coleslaw (122) Chicken Vegetable Soup (163) Club Roll (340) Mixed Fruit (4) Cal: 743 Carb:87 Na:1277</p>	<p>9 HIGH SODIUM DAY Turkey w/ Gravy*(549) Collard Greens(135) Butternut Squash(26) Buttermilk Biscuit(172) Reg(70)/Diet Cookies(70) Cal:693 Carb:81 Na:1227</p>	<p>10 Spaghetti & Meatballs(254) Tossed Salad w/Ranch(121) Garlic Bread(210) Mixed Fruit(5) Cal:628 Carb:74 Na:732</p>
<p>13 Mac & Cheese (280) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Reg(53)/Diet Jello(35)w/Topping(12) Cal:566 Carb:71/69 Na:824</p>	<p>14 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</p>	<p>15 Crab Cake*(600) w/tartar(130) Steamed Corn(4) Coleslaw(122) Whole Wheat Bread(150) Chilled Peaches(6) Cal:670 Carb:94 Na:1152</p>	<p>16 SOUP & SANDWICH Cape Cod Chicken Salad (125) Celery Salad (75) Butternut Bisque (84) Club Roll (340) Rice Krispie Treat (88) Cal:736 Carb:98 Na:851</p>	<p>17 Chicken Marsala(528) Tossed Salad w/Italian(123) Penne Noodles(4) Garlic Bread(210) Mixed Fruit(5) Cal:644 Carb:75 Na:1037</p>
<p>20</p> <p>HOLIDAY-NO MEALS</p>	<p>21 Fish Chowder(421) Green Beans(5) Oyster Crackers(140) Mandarin Oranges(7) Cal:526 Carb:66 Na:705</p>	<p>22 Shepherd's Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5) Cal:730 Carb:86 Na:643</p>	<p>23 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</p>	<p>24 BIRTHDAY MEAL BBQ Pulled Pork(365) Broccoli Slaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(160) Birthday Cake (215) Cal:817 Carb:101 Na:868</p>
<p>27 Beef Stew(100) With Carrots and Peas Mashed Potatoes(46) Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12) Cal:777 Carb:80/78 Na:312</p>	<p>28 Eggplant Parmesan*(659) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Applesauce(15) Cal:810 Carb:99 Na:1177</p>	<p>29 Jamaican Jerk Chicken(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:805 Carb:95 Na:1090</p>	<p>30 Braised Pork w/Apple Gravy(298) Steamed Peas(58) Herb Roasted Potatoes(46) Whole Wheat Bread(150) Fresh Fruit(2) Cal:826 Carb:103 Na:736</p>	<p>31 Beef Stroganoff(230) Brussels Sprouts(15) Egg Noodles(5) Italian Bread(230) Reg(70)/Diet Cookie(70) Cal:616 Carb:84 Na:691</p>

