

October 2026

HAMPDEN

Greater Springfield Senior Services, Inc.

Community Dining Menu Updated 09/04/2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested voluntary donation \$3/meal Menu subject to change without notice. Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na).	If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.	1 Braised Beef & Vegetables(161) Rice Pilaf(49) Spinach w/Peppers(65) Dinner Roll(100) Vanilla Pudding(130) Cal:846 Carb:88 Na:640	2 Swedish Turkey Meatballs(480) Roasted Potatoes(85) Broccoli(38) Whole Grain Cornbread(180) Fresh Fruit(1) Cal:783 Carb:104 Na:919
5 Chicken Pot Pie(213) Green Beans & Peppers(21) Buttermilk Biscuit(370) Applesauce(2) Cal:769 Carb:76 Na:741	6 Shrimp Tacos w/Cheese*(537) Cilantro Lime Rice(67) Black Beans, Corn, & Peppers(61) Tortilla Wrap(135) Fresh Fruit(0) Cal:700 Carb:96 Na:935	7 Roast Turkey w/Gravy*(580) Mashed Potatoes(23) Carrots(56) Wheat Roll(150) Shortbread Cookie(150) Cal:732 Carb:87 Na:1124	8 OCTOBER HOLIDAY MEAL Chicken w/Sage Cream Sauce(408) Butternut Squash Ravioli(166) Broccoli(38) Wheat Roll(150) Apple Crisp(50) Cal:898 Carb:115 Na:947	9 Pork w/Apple Cranberry Chutney(85) Mashed Sweet Potatoes(20) Vegetable Medley(54) Wheat Roll(150) Mandarin Oranges(5) Cal:798 Carb:91 Na:691
12 CLOSED - NO MEALS	13 Chicken Stir Fry(307) White Rice(25) Stir Fry Vegetables(28) Wheat Roll(150) Chocolate Chip Cookie(80) Cal:764 Carb:90 Na:725	14 Meatloaf w/Gravy*(546) Garlic Mashed Potatoes(23) Carrots(56) Wheat Bread(65) Fresh Fruit(1) Cal: 750 Carb:92 Na:826	15 Herb Crusted White Fish(346) Roasted Potatoes(85) Kale & Peppers(29) Wheat Bread(65) Mandarin Oranges(5) Tartar(113) Cal:701 Carb:91 Na:778	16 NO GSSSI MEAL SERVICE
19 French Onion Chicken(420) Mashed Potatoes(23) California Blend Veg(34) Dinner Roll(100) Chocolate Pudding(135) Cal:715 Carb:80 Na:847	20 Beefy Mac & Cheese Tortellini*(636) Green Peas(20) Wheat Roll(150) Fresh Fruit(0) Cal:924 Carb:80 Na:941	21 Maple Bacon Glazed Chicken(162) Mashed Butternut Squash(12) Mixed Vegetables(51) Dinner Roll(100) Mandarin Oranges(5) Cal:792 Carb:107 Na:826	22 Omelet w/Cheddar Cheese(336) Potatoes w/Onions & Peppers(61) Spinach(110) Whole Grain Muffin(190) Fresh Fruit(1) Cal:769 Carb:91 Na:918	23 White Fish Florentine(297) Rice Pilaf(49) Brussels Sprouts(26) Wheat Bread(65) Oatmeal Cookie(90) Cal:702 Carb:86 Na:632
26 Sausage w/Abruzzi Sauce*(650) Egg Noodles(7) Tuscan Blend Vegetables(26) Wheat Roll(150) Chilled Peaches(5) Cal:698 Carb:73 Na:973	27 Herb Roasted Chicken Thigh(101) Mashed Potatoes(23) Carrots(56) Wheat Roll(150) Pumpkin Bread(250) Cal:784 Carb:92 Na:715	28 Shrimp Alfredo*(655) Whole Grain Pasta(4) Broccoli(38) Dinner Roll(100) Pound Cake w/Blueberries(240) Cal:759 Carb:94 Na:1172	29 Southwest Beef & Bean Chili(462) Green Peas(20) Whole Grain Cornbread Bowl(160) Fresh Fruit(1) Cal:893 Carb:108 Na:778	30 Chicken Carbonara w/Ham*(633) Whole Grain Pasta(4) California Blend Vegetables(34) Dinner Roll(100) Chilled Pears(0) Cal:697 Carb:80 Na:906