









Greater Springfield Senior Services, Inc. Grab & Go

For anyone 60 or older who would like a healthy, low cost lunch.

Reservations are required – you must sign up by calling one of the meal sites below.

Confidential and voluntary donation \$2/meal Go to gsssi.org for full Grab and Go menu

 = lunch is served

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Brimfield <i>begins 11:15</i> (413) 245-7253 |  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Call before 11am on Friday </div> | |  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Call before 11am on Tuesday </div> | |  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Call before 11am on Thursday </div> |
| Hampden <i>begins 11:00</i> (413) 566-5588 | |  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Call before 3pm on the previous Friday </div> |  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Call before 3pm on the previous Friday </div> |  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Call before 3pm on the previous Friday </div> |  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Call before 3pm on the previous Friday </div> |