

Hampden Senior Center
104 Allen Street
Hampden, MA 01036
413-566-5588

***Suggested Donation
Increased to
\$3.00 per meal.**

July 2025

Special concerns
regarding sodium,
contact the nutritionist
at GSSSI by calling 781-
8806 x1136.

Lunch served daily at
12pm. RSVP by 11am
the day before
calling 566-5588.

Mon	Tue	Wed	Thu	Fri
	1 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Fresh Fruit Cal:599 Carb:86 Na:812	2 Butter Crumb Fish Tartar Sauce Green Beans 1/2 Baked Sweet Potato Whole Wheat Bread Mandarin Orange Cal:534 Carb:63 Na:610	3 4th of July BBQ Hamburger w/Cheese Onions & Mushrooms Ketchup Roasted Red Potatoes Wheat Burger Bun Red White & Blue Cake Cal:810 Carb:104 Na:1188	4 
7 American Chop Suey Roman Blend Veg Wheat Roll Fudge Round Cookie Cal:732 Carb:97 Na:654	8 Cold Plate Egg Salad Broccoli Slaw Balsamic Pasta Salad Club Roll Reg/Diet Jello w/ topping Cal:948 Carb:87 Na:1012	9 Rose Chicken * Parslied Carrots Penne Pasta Whole Wheat Bread Fresh Fruit Cal:575 Carb:85 Na:930	10 Salmon w/Dill Sauce Broccoli Rice Pilaf Whole Wheat Bread Applesauce Cal:629 Carb:100 Na:1379	11 Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Mixed Fruit Cal:805 Carb:95 Na:1090
14 Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Peach Crisp Cal:764 Carb:88 Na:656	15 Creamy Chicken Pesto Pasta Tossed Salad w/Italian Garlic Bread Fresh Fruit Cal:774 Carb:87 Na:1178	16 Cold Plate Turkey & Swiss Tomato Onion Salad Macaroni Salad Club Roll Applesauce Cal:869 Carb:74 Na:1165	17 Birthday Lunch Chicken Cordon Bleu Parslied Carrots Garlic Mashed Potatoes Whole Wheat Bread Reg/Diet Cupcake Cal:818 Carb:100 Na:1379	18 BBQ Pulled Pork Coleslaw Baked Beans WW Burger Bun Reg/Diet Cookies Cal:681 Carb:71 Na:1164
21 Meatloaf w/Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Reg/Diet Cookie Cal:634 Carb:77 Na:788	22 Cape Cod Chicken Salad Pickled Beets Potato Salad Wheat Burger Bun Reg/Diet Jello w/topping Cal:746 Carb:70 Na: 945	23 National Hot Dog Day Hot Dog w/Bun Broccoli Slaw Baked Beans Fresh Fruit Ketchup/Mustard Cal:781 Carb:85 Na:1409	24 Mediterranean Turkey Cucumber Salad Couscous Oatnut Bread Apple Crisp Cal:786 Carb:109 Na:846	25 Fish Chowder Green Beans Oyster Crackers Mandarin Oranges Cal:525 Carb:66 Na:706
28 Pot Roast w/Gravy Brussels Sprouts Mashed Butternut Whole Wheat Bread Mixed Fruit Cal:627 Carb:76 Na:449	29 National Lasagna Day Lasagna w/Marinara Sauce Steamed Broccoli Whole Wheat Bread Reg/Diet Cookies Cal:505 Carb:80 Na:909	30 Chicken Piccata Tossed Salad w/Italian Rice Pilaf Garlic Toast Fresh Fruit Cal:748 Carb:87 Na:1019	31 Crab Cake w/ tartar Coleslaw Steamed Corn Whole Wheat Bread Reg/Diet Jello w/topping Cal:623 Carb:79 Na:1148	