

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

August 2025

LUNCH MENU

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

Mon	Tue	Wed	Thu	Fri
The <u>voluntary donation</u> amount for lunch through GSSSI has increased to \$3.00. Your support of the meal site is greatly appreciated. If you have any questions about the donation change, please call GSSSI at 413.781.8800. Thank you!	<u>Key for Symbols:</u> Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg) Total Sodium & Calories include regular dessert, milk (100mg NA) and	*Suggested Donation Increased to \$3.00 per meal. Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.		1 HSC STAFF PREPARED "Dog Days of Summer" Hot Dogs Baked Beans Macaroni Salad Cake
4 Nat'l Choc Chip Cookie Day Cape Cod Tuna Salad Broccoli Slaw White Bean Cucumber Salad Club Roll Reg/Diet Cookies Cal:714 Carb:73 Na:1088	5 Turkey Breakfast Sausage Spiced Applesauce Potatoes O'Brien French Toast w/Syrup Fresh Fruit Orange Juice Cal:794 Carb:130 Na:872	6 Indian Style Butter Chicken Steamed Spinach Coconut Rice Wheat Pita Bread Mandarin Oranges Cal:826 Carb:88 Na:1185	7 Hamburger w/Cheese Ketchup Onions & Mushrooms Roasted Red Potatoes Wheat Burger Bun Mixed Fruit Cal:723 Carb:79 Na:1146	8 Birthday Meal Chicken Cordon Bleu* Parslied Carrots Garlic Mashed Potatoes Whole Wheat Bread Reg/Diet Cupcake *High Sodium Cal:832 Carb:100/88 Na:1394
11 Fish Chowder Green Beans Oyster Crackers Chilled Pineapple Cal:551 Carb:73 Na:700	12 <u>Cold Plate</u> Ham & Swiss Pickled Beets Potato Salad Wheat Hamburger Bun Reg/Diet Cookies Cal:790 Carb:77 Na:1184	13 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Reg/Diet Jell-O w/Topping Cal:568 Carb:70/69 Na:840	14 Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Peach Crisp Cal: 730 Carb:86 Na:643	15 Rose Chicken Asparagus Spears Penne Pasta Whole Wheat Bread Fresh Fruit Cal:559 Carb:85 Na:870
18 American Chop Suey Roman Blend Veggies Wheat Roll Fudge Round Cookie Cal:732 Carb:97 Na:654	19 Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Applesauce Cal:796 Carb:93 Na: 1100	20 <u>Cold Plate</u> Deviled Egg Salad Lettuce/Tomato Barley Raisin Salad Whole Wheat Roll Mandarin Oranges Cal:822 Carb:88 Na:882	21 BBQ Pulled Pork Coleslaw Baked Beans Whole Wheat Burger Bun Fresh Fruit Cal:668 Carb:76 Na:1070	22 Salmon w/Dill Sauce Steamed Broccoli Rice Pilaf Whole Wheat Bread Red/Diet Jell-o w/Topping Cal:633 Carb:67/66 Na:511
25 <u>Cold Plate</u> Turkey & Swiss Celery Salad Macaroni Salad Club Roll Fresh Fruit Cal:733 Carb:59 Na:1166	26 Butter Crumb Fish Green Beans Tartar Sauce 1/2 Baked Sweet Potato Whole Wheat Bread Mandarin Oranges Cal:601 Carb:76 Na:770	27 Pierogis Sauteed Cabbage Parslied Carrots 12 Grain Bread Reg/Diet Pudding w/Topping Cal:708 Carb:105 Na:1089	28 Meatloaf w/Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Reg/Diet Cookie Cal:634 Carb:77 Na:788	29 Creamy Chicken Pesto Pasta * Tossed Salad w/Italian Garlic Bread Applesauce *High Sodium Cal:774 Carb:87 Na:1178