

Hampden Senior Center
104 Allen Street
Hampden, MA 01036
413.566.5588

September 2025

LUNCH MENU

Lunch served daily at
12pm. RSVP by 11am
the day before
calling 566.5588.

Mon	Tue	Wed	Thu	Fri
1 CLOSED FOR LABOR DAY	2 COLD PLATE Chicken Salad Broccoli Slaw Balsamic Pasta Salad Saltine Crackers Fresh Fruit Cal:690 Carb:83 Na:479	3 Potato Pollock Filet Coleslaw Steamed Corn Tartar Sauce Whole Wheat Bread Reg/Diet Cookies Cal:756 Carb:87 Na: 953	4 Mediterranean Turkey Marinated Cucumber Salad Couscous Oatnut Bread Apple Crisp Cal: 786 Carb: 109 Na: 846	5 Pot Roast w/Gravy Green Beans Roasted Red Potatoes Whole Wheat Bread Chilled Pineapple Cal: 647 Carb: 81 Na: 445
8 Ham w/Pineapple Steamed Peas Baked Sweet Potato Whole Wheat Bread Mandarin Oranges Cal:558 Carb:81 Na:942	9 Ravioli w/Meat Sauce California Blend Veggies Italian Bread Applesauce Cal:529 Carb:72 Na:959	10 Beef Taco Bowl Tossed Salad w/Ranch Yellow Rice Tortilla Chips Reg/Diet Cookies Cal:622 Carb:53 Na:632	11 Crab Cake w/Tartar Sauce Coleslaw Steamed Corn Whole Wheat Bread Reg/Diet Jello w/topping Cal:623 Carb:79 Na:1148	12 Chicken Piccata Tossed Salad w/Italian Rice Pilaf Garlic Bread Fresh Fruit Cal:748 Carb:87 Na:1019
15 Spaghetti & Meatballs Steamed Broccoli Italian Bread Applesauce Cal:549 Carb:84 Na:720	16 BIRTHDAY LUNCH Turkey w/Gravy Green Beans Mashed Potatoes Whole Wheat Bread Reg/Diet Cupcake Cal:715 Carb:96 Na:1073	17 COLD PLATE Cape Cod Tuna Salad Pickled Beets English Pea Salad Club Roll Fresh Fruit Cal:662 Carb:85 Na:1100	18 Hot Dog w/Bun Broccoli Slaw Baked Beans Mixed Fruit Ketchup/Mustard Cal: 781 Carb:85 Na:1409	19 Bruschetta Chicken Steamed Spinach Roasted Red Potatoes Whole Wheat Bread Butterscotch Pudding Cal:719 Carb:80 Na:1102
22 Chicken Pot Pie California Blend Veggies Biscuit Topping Apple Crisp Cal:666 Carb:61 Na:844	23 Thai Curry Style Meatballs Green Beans White Rice Multigrain Bread Mandarin Oranges Cal:659 Carb:82 Na: 732	24 BIG E STYLE BAKED POTATO BAR Pulled Pork Steamed Broccoli Baked Potato w/cheese sauce Whole Wheat Bread Jello w/Topping Cal:838 Carb:78 Na:977	25 Shrimp Scampi Tossed Salad w/Italian Spaghetti Noodles Garlic Bread Reg/Diet Cookies Cal:733 Carb:71 Na:1177	26 Meatloaf w/Mushroom Gravy Parslied Carrots Mashed Potatoes Oatnut Bread Fresh Fruit Cal:602 Carb:73 Na:752
29 Hamburger w/Cheese Onions & Mushrooms Roast Red Potatoes Wheat Burger Bun Ketchup Jello w/Topping Cal:725 Carb:79 Na:1128	30 Turkey Breakfast Sausage Spiced Apples Potatoes O'Brien French Toast w/Syrup Fresh Fruit Orange Juice Cal:794 Carb:130 Na:872	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!	Key for Symbols: 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.