

Hampden Senior Center  
104 Allen Street  
Hampden, MA 01036

\*Suggested  
Donation

# October 2025 LUNCH MENU

Special concerns  
regarding sodium,  
contact the

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

Mon	Tue	Wed	Thu	Fri
<p>The <u>voluntary donation</u> amount for lunch through GSSSI has increased to <b>\$3.00</b>. Your support of the meal site is greatly appreciated.</p> <p>If you have any questions</p>	<p><b>Key for Symbols:</b> Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (&gt;500mg)</p>	<p>1 Rose Chicken Tossed Salad w/Ranch Penne Pasta Garlic Toast Reg/Diet Cookie</p> <p>Cal:713 Carb: 81 Na: 1120</p>	<p>2 Pierogis Sautéed Cabbage Sour Cream Parslied Carrots 12 Grain Bread Fresh Fruit</p> <p>Cal: 621 Carb: 102 Na: 888</p>	<p>3 Shepherd's Pie Steamed Peas Mashed Potato Topping Whole Wheat Bread Apple Crisp</p> <p>Cal: 689 Carb: 78 Na: 613</p>
6 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Cranberry Juice Reg/Diet Jello w/ Topping  Cal:568 Carb:70/69 Na:840	7 Fish Chowder Green Beans Oyster Crackers Chilled Pineapple  Cal:583 Carb:77 Na:726	<p>8 Turkey Taco Bowl Tossed Salad w/Ranch Yellow Rice Tortilla Chips Reg/Diet Cookies</p> <p>Cal:860 Carb:96 Na:1114</p>	<p>9 Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Fresh Fruit</p> <p>Cal:845 Carb:106 Na:1087</p>	<p>10 Pot Roast w/Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Mixed Fruit</p> <p>Cal:725 Carb:85 Na:626</p>
13 <b>SENIOR CENTER CLOSED NO MEALS</b>	14 American Chop Suey Roman Blend Vegetables Wheat Roll Fudge Round Cookie  Cal:720 Carb:95 Na:667	<p>15 Butter Crumb Fish Tartar Sauce Parslied Carrots Rice Pilaf Whole Wheat Bread Mandarin Oranges</p> <p>Cal:592 Carb:71 Na:806</p>	<p>16 Braised Pork w/Apple Gravy Steamed Peas Herb Roasted Potatoes Whole Wheat Bread Reg/Diet Pudding w/Topping</p> <p>Cal: 867 Carb:113 Na:943</p>	<p>17 Deli Sandwich from Village Food Mart Potato Chips Cookie</p> <p><b>Sponsored by:</b> <b>Powerback Rehab</b></p>
20 Turkey Chili Sour Cream Mixed Vegetables White Rice Italian Bread Chilled Pineapple  Cal:744 Carb:107 Na:773	<p><b>21 Birthday Lunch High Sodium Meal</b></p> <p>Chicken Cordon Bleu* Steamed Broccoli 1/2 Sweet Potato Dinner Roll Cupcake/Diet Cake</p> <p>Cal:800 Carb:62/90 Na:1266</p>	<p>22 BBQ Pulled Pork Green Beans Mashed Potatoes Whole Wheat Burger Bun Fresh Fruit</p> <p>Cal:746 Carb:91/79 Na:939</p>	<p>23 Potato Pollock Filet Tartar Sauce Coleslaw Steamed Corn Whole Wheat Bread Mandarin Oranges</p> <p>Cal:725 Carb:93 Na:795</p>	<p>24 Cranberry Apple Chicken Steamed Peas Roasted Red Potatoes Multigrain Bread Reg/Diet Jello w/Topping</p> <p>Cal:689 Carb:82/80 Na:766</p>
27 Chicken & Dumplings * Mashed Butternut Squash Multigrain Bread Apple Crisp  Cal:779 Carb:105 Na:1053	<p>28 Mediterranean Turkey * Marinated Cucumber Salad Couscous Whole Wheat Bread Reg/Diet Jello w/Topping</p> <p>Cal:504 Carb:54 Na:843</p>	<p>29 Crab Cake * w/Tartar Steamed Corn Coleslaw Whole Wheat Bread Chilled Pineapple</p> <p>Cal:674 Carb:96 Na:1138</p>	<p>30 Lasagna w/Meat Sauce Tossed Salad w/Italian Garlic Bread Fresh Fruit</p> <p>Cal:691 Carb:92 Na:1031</p>	<p><b>31 HAPPY HALLOWEEN!</b></p> <p>Meatloaf w/Mushroom Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread</p> <p>Cal:864 Carb:106 Na:1048</p>