

October 2024

PALMER

Greater Springfield Senior Services, Inc.

Community Dining Menu

Updated 09/09/2024

For Reservations or Cancellations call by 11:30am the day before at (413) 283-2670

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information. Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine (15mg Na).	1	2 Chicken Fajitas(479) Fajita Blend Vegetables(4) Yellow Rice(20) Sour Cream(9) Flour Tortilla(170) Reg(53)/Diet Cookies Cal:532 Carb:55 Na:950	3	4 Chicken Broccoli Alfredo Pasta(242) Steamed Spinach(188) Orange Juice(26) Whole Wheat Roll(210) Chilled Applesauce(9) Cal:753 Carb:108 Na:1090
	7 American Chop Suey(211) Roman Blend Veg(13) Wheat Roll(210) Rice Krispie Treat(88) Cal:685 Carb:94 Na:662	8	9 Jamaican Jerk Chicken(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:805 Carb:95 Na:1090	10
14 HOLIDAY- NO MEALS Cal:685 Carb:94 Na:662	15	16 BIRTHDAY/HIGH SODIUM MEAL Chicken Cordon Bleu*(684) Steamed Broccoli (9) ½ Sweet Potato(33) Dinner Roll(150) Birthday Sheet Cake(215) Cal:811 Carb:102 Na:1241	17	18 Butter Crumb Fish(288) Parslied Carrots(62) Roasted Red Potatoes(21) Whole Wheat Bread(150) Reg(70)/Diet Cookies(75) Cal:633 Carb:72/72 Na:869
21 Ravioli w/Meat Sauce*(557) Italian Blend Veg(19) Italian Bread(230) Reg/Diet Cookies(60) Cal:580 Carb:75 Na:1007	22	23 Mandarin Orange Turkey*(517) Pacific Blend Vegetables(27) White Rice(4) Oatnut Bread(150) Mixed Fruit(5) Cal:641 Carb:98 Na:843	24	25 Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(115) Mandarin Oranges(7) Cal:729 Carb:93 Na:804
28 HIGH SODIUM DAY Turkey w/Dijon Sauce*(893) Steamed Spinach(188) Rice Pilaf(12) Whole Wheat Bread(115) Fresh Fruit(1) Cal:627 Carb:77 Na:1347	29	30 HAPPY HALLOWEEN Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Halloween Chocolate Cake (328) Cal:924 Carb:121 Na:1046	31	Suggested voluntary donation \$2/meal Menu subject to change without notice. Key for Symbols: Cal= Calories (mg Na in each item) Carb=Carbohydrates Carbs listed for both reg/diet desserts Na= Sodium *Sodium content(>500mg)