March 2024 Palmer Greater Springfield Senior Services, Inc. Community Dining Menu Updated 2/1/2024

For Reservations or Cancellations call by 11:30 a.m. the day before at 283-2670

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested voluntary donation $2 **Menu subject to change without notice.**	**Key for Symbols:** Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(>500mg) Carbs listed for both reg/diet desserts	**If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8800 X 1136 for more information.**	**Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na).**	**1** Fish Chowder(421) Green Beans(5) Mini Cornbread Loaf(180) Mandarin Oranges(7)
				Cal:536 Carb:70 Na:627
4 Beef Chili(327) Mixed Vegetables(53) ½ Baked Potato(9) Mini Cornbread(180) Fresh Fruit(1)	**5**	**6 BIRTHDAY MEAL** Chicken Cordon Bleu(450) Steamed Broccoli (9) ½ Sweet Potato(33) Italian Bread(120) Reg(240)/Diet Cupcake(166)	**7**	8 Cheddar Baked Fish(288) California Blend Veg(9) Lemon Rice(19) Tartar Sauce(130) WW Bread(150) Reg(105)/Diet Cookie(55)
Cal:902 Carb:130 Na:711		Cal:732 Carb:91/79 Na:1101		Cal:785 Carb:80/67 Na:841
11 Turkey Sloppy Joe(379) Coleslaw(122) Tortilla Chips(115) Wheat Hamburger Bun(210) Chilled Pears(4)	**12**	**13 ST. PATRICK'S /HIGH SOD. DAY** Corned Beef*(911) Cabbage & Carrots(110) Red Bliss Potatoes(6) Rye Bread(150) Mustard(55) Pistachio Pudding(110)/Topping(12)	**14**	**15** Potato Pollock(330) w/Tartar(130) Steamed Broccoli(9) Lemon Rice(19) Whole Wheat Bread(150) Reg/Diet Cookies(150)
Cal:681 Carb:86 Na:967		Cal:552 Carb:68 Na:1491		Cal:706 Carb:86 Na:928
18 Chicken w/Dijon Sauce(650) Steamed Broccoli(9) Roasted Red Potatoes(6) Whole Wheat Bread(150) Chilled Applesauce(14)	**19**	**20** Taco Plate(347) Tossed Salad w/Ranch(122) Yellow Rice(29) Tortilla Chips(115) Chilled Pineapple(6)	**21**	**22** Butter Crumb Fish(296) California Blend Veg(31) Rice Pilaf(12) Whole Wheat Roll(210) Reg(53)/Diet Jello(35) w/Topping(12)
Cal:571 Carb:69 Na:934		Cal:802 Carb:94 Na:783		Cal:636 Carb:84/69 Na:755
25 Korean Meatballs*(577) Oriental Blend Veg(5) White Rice(4) Oatnut Bread(150) Chilled Applesauce(14)	**26**	**27 SPRING HOLIDAY MEAL** Ham w/Pineapple(425) Herbed Green Beans(5) Au Gratin Potatoes(195) Whole Wheat Bread(150) Biscuits w/Berries(252)	**28**	**29** **HOLIDAY-NO MEAL SERVICE**
Cal:628 Carb:91 Na:910		Cal:693 Carb:101 Na:1166		