

MARCH 2025

PALMER

Greater Springfield Senior Services, Inc.

Community Dining Menu UPDATED 01/24/2025

For Reservations or Cancellations call by 11:30 a.m. the day before at the site you attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Hamburger w/Chz(540) Ketchup(82) Onions & Mushrooms(96) Roasted Red Potatoes(28) Wheat Burger Bun(330) Mandarin Oranges(6) Cal:728 Carb:87 Na:1105	<b>4</b>	<b>5 SOUP &amp; SANDWICH/HIGH SOD. DAY</b> Dilly Egg Salad(497) Chicken Vegetable Soup(163) Three Bean Salad(119) Club Roll(340) Reg(53)/Diet Pudding(35) w/Topping(12) Cal:1125 Carb:106 Na:1456	<b>6</b>	<b>7</b> Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Reg(60)/Diet Cookies(60) Cal:624 Carb:97 Na:946
<b>10</b> Ham w/Pineapple Sauce*(545) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Fresh Fruit(2) Cal:580 Carb:99 Na:804	<b>11</b>	<b>12</b> Chicken Marsala(528) California Blend Veg(17) Penne Noodles(4) Italian Bread(210) Chilled Applesauce(14) Cal:545 Carb:78 Na:951	<b>13</b>	<b>14</b> Mac & Cheese (280) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Mixed Fruit(5) Cal:576 Carb:81 Na:799
<b>17 ST.PATRICK'S DAY/HIGH SOD. MEAL</b> Corned Beef*(911) Cabbage & Carrots(110) Red Bliss Potatoes(6) Rye Bread(150) Pistachio Cake (195) Cal: 658 Carb:84 Na:1497	<b>18</b>	<b>19</b> BBQ Pulled Pork(365) Broccoli Slaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(160) Reg(147)/Diet Cookies(95) Cal:744 Carb:72/69 Na:952	<b>20</b>	<b>21</b> Butter Crumb Fish(296) Steamed Peas(58) Rice Pilaf(11) Whole Wheat Bread(150) Mandarin Oranges(7) Tartar(130) Cal:553 Carb:66 Na:645
<b>24</b> American Chop Suey(211) Roman Blend Veg(13) Wheat Roll(210) Rice Krispie Treat(88) Cal:685 Carb:94 Na:662	<b>25</b>	<b>26</b> Jamaican Jerk Chicken(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:805 Carb:95 Na:1090	<b>27</b>	<b>28</b> Fish Chowder(421) Green Beans(5) Oyster Crackers(140) Applesauce(14) Cal:524 Carb:66 Na:712
<b>31 BIRTHDAY MEAL</b> Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Birthday Cake(202) Cal:831 Carb:106 Na:1020	<b>Key for Symbols:</b> Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	<b>Suggested voluntary donation \$3/meal</b> <b>Menu subject to change without notice.</b>	<b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp;margarine(15mg Na).</b>	<b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.</b>