

April 2025

PALMER

Greater Springfield Senior Services, Inc.

Community Dining Updated 02/14/2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.</p> <p>Total Sodium & Calories include regular dessert, milk (100mg Na) & margarine (15mg Na).</p>	<p>1</p>	<p>2 COLD PLATE</p> <p>Turkey & Swiss(268) Coleslaw(122) Macaroni Salad(294) Club Roll(340) Chilled Pineapple(1)</p>	<p>3</p>	<p>4</p> <p>Eggplant Parmesan*(659) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Applesauce(15)</p>
		<p>Cal:847 Carb:86 Na:1147</p>		<p>Cal:810 Carb:99 Na:1177</p>
<p>7</p> <p>Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Fresh Fruit(1)</p>	<p>8</p>	<p>9</p> <p>Pot Roast w/Gravy (126) Brussels Sprouts(12) Mashed Butternut(24) Whole Wheat Bread(150) Mixed Fruit(5)</p>	<p>10</p>	<p>11</p> <p>Salmon w/Dill Sauce(145) California Blend Veg(17) Roasted Red Potatoes(21) Whole Wheat Bread(150) Reg/Diet Cookies(60)</p>
<p>Cal:615 Carb:99 Na:886</p>		<p>Cal:627 Carb:76 Na:449</p>		<p>Cal:633 Carb:75 Na:534</p>
<p>14 BIRTHDAY MEAL/HIGH SODIUM</p> <p>Turkey w/Gravy*(549) Green Beans(5) Mashed Potatoes(26) Oatnut Bread(150) Birthday Cake (215)</p>	<p>15</p>	<p>16</p> <p>Cheeseburger(422) Onions & Mushrooms(96) Roasted Red Potatoes(29) Hamburger Bun(330) Fresh Fruit(1)</p>	<p>17</p>	<p>18</p> <p>NO MEAL SERVICE</p>
<p>Cal:764 Carb:98 Na:1085</p>		<p>Cal:756 Carb:95 Na:1100</p>		
<p>21</p> <p>HOLIDAY- NO MEALS</p>	<p>22</p>	<p>23</p> <p>Potato Pollock Filet(270) Coleslaw(122) Steamed Corn(1) Tartar(130) Whole Wheat Bread(115) Applesauce(14)</p>	<p>24</p>	<p>25</p> <p>Ravioli w/ Meat Sauce*(557) Tossed Salad w/Italian(131) Garlic Bread(230) Fresh Fruit(1)</p>
		<p>Cal:667 Carb:82 Na:812</p>		<p>Cal:650 Carb:88 Na:1040</p>
<p>28</p> <p>Beef Stroganoff*(513) Brussels Sprouts(15) Egg Noodles(5) Wheat Roll(210) Reg/Diet Cookie(70)</p>	<p>29</p>	<p>30</p> <p>Turkey Breakfast Sausage(367) Spiced Applesauce(20) Potatoes O'Brien(29) French Toast*(600) w/ Syrup(23) Fresh Fruit(2) Orange Juice(26)</p>		<p>Suggested voluntary donation \$3/meal</p> <p>Menu subject to change without notice.</p> <p>Key for Symbols:</p> <p>Cal= Calories (mg Na in each item) Carb=Carbohydrates Carbs listed for both reg/diet desserts Na= Sodium *Sodium content(>500mg)</p>
<p>Cal:691 Carb:84 Na:954</p>		<p>Cal:794 Carb:130 Na:872</p>		