PALMER **NOVEMBER 2026** **Greater Springfield Senior Services, Inc.** **Updated 10/07/2026**

For Reservations or Cancellations call by 11:30 a.m. the day before at 781-2135 or Toll free 800-649-3641 Email: GSSSI.Nutrition@gsssi.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti & Meatballs*(540) Vegetable Medley(56) Hawaiian Roll(80) Fresh Fruit(0)	**3**	**4** White Fish Piccata(387) Rice Pilaf(49) Mashed Butternut(12) Dinner Roll(100) Mandarin Oranges(5)	**5**	**6** Chicken Noodle Casserole(331) Green Beans & Red Peppers(21) Wheat Bread(65) Applesauce(2)
Cal:662 Carb:81 Na:815		Cal:758 Carb:106 Na:688		Cal:768 Carb:84 Na:561
9 Shepherd's Pie(295) Mashed Potato Topping Mixed Vegetables(51) Whole Grain Biscuit(370) Peach Fruit Cup(5)	**10**	**11** **HOLIDAY- NO MEALS**	**12**	**13** Beef w/Onions & Peppers(132) White Rice(25) Brussels Sprouts(26) Wheat Roll(150) Chocolate Pudding(135)
Cal:885 Carb:80 Na:856				Cal:821 Carb:83 Na:603
16 Maple Glazed Pork(85) Butternut & Raisin Couscous(90) Kale & Peppers(29) Wheat Bread(65) Vanilla Pudding(130)	**17**	**18** Beef Chili(371) Brussels Sprouts(26) Buttermilk Biscuits(370) Fresh Fruit(1)		**20 HOLIDAY HARVEST MEAL** Roast Turkey w/Gravy(488) Mashed Potatoes & Stuffing(268) Green Beans(20) Wheat Roll(150) Apple Pie(310)
Cal: 865 Carb:115 Na:534		Cal:777 Carb:80 Na:903		Cal:843 Carb:112 Na:1372
23 Cheesy Chicken Casserole*(554) Green Peas & Red Peppers(72) Wheat Roll(150) Oatmeal Cookie(90)	**24**	**25** Creamy Garlic Salmon(297) Rice Pilaf(49) Mixed Root Vegetables(65) Hawaiian Roll(80) Pear Cup(0)	**26**	**27** Whole Grain Lasagna(390) w/ Beef Bolognese & Parmesan(294) Broccoli(38) Wheat Roll(150) Vanilla Pudding(130)
Cal:880 Carb:84 Na:1001		Cal:762 Carb:91 Na:626		Cal:810 Carb:82 Na:1137
30 Chicken Cacciatore(431) Cheese Tortellini(175) Green Beans & Peppers(21) Wheat Roll(150) Pound Cake w/Berries(240)		**Suggested voluntary donation $3/meal** **Menu subject to change without notice.** **<u>Key for Symbols</u>:** Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg) **Suggested voluntary donation $3/meal**	**Total Sodium & Calories include regular dessert, milk(105mg Na) &margarine(30mg Na).**	**If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.**
Cal:773 Carb:88 Na:1152				