Palmer COA DECEMBER 2026 **Greater Springfield Senior Services, Inc.** **COMMUNITY DINING MENU UPDATED 11/04/2026**

For Reservations or Cancellations call by 11:30 a.m. the day before at 245-7253. Suggested voluntary donation $3/meal

Monday	Tuesday	Wednesday	Thursday	Friday
Total Sodium & Calories include regular dessert, milk(105mg Na) &margarine(30mg Na). **Key for Symbols:** Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)		**2** Unstuffed Pepper Bowl(276) Tuscan Blend Vegetables(26) Wheat Roll(150) Fresh Fruit(1) Cal:866 Carb:88 Na:613		**4** Braised Beef & Vegetables(161) Rice Pilaf(49) Spinach & Peppers(92) Dinner Roll(100) Applesauce(2) Cal:790 Carb:84 Na:512
7 Chicken Pot Pie(213) Green Beans(21) Buttermilk Biscuit(370) Mandarin Oranges(5) Cal:770 Carb:78 Na:744		**9** Chicken Carbonara(633) Whole Grain Pasta(4) Broccoli(38) Wheat Bread(65) Shortbread Cookie(150) Cal:780 Carb:86 Na:1025		**11** Turkey w/Cranberry Apple (429) Mashed Sweet Potatoes(20) Brussels Sprouts(26) Wheat Roll(150) Butterscotch Pudding(140) Cal:667 Carb:99 Na:900
14 Meatloaf w/Gravy*(546) Garlic Mashed Potatoes(23) Spinach w/Peppers(65) Wheat Bread(65) Fresh Fruit(1) Cal:742 Carb:86 Na:836		**16 HOLIDAY MEAL/ HIGH SODIUM DAY** Maple Glazed Ham(585) Roasted Potatoes(85) Broccoli(38) Cranberry Roll(250) Cherry Pie(290) Cal:960 Carb:148 Na:1385		**18** Beef Stroganoff(201) Egg Noodles(7) Brussels Sprouts(26) Whole Grain Cornbread(180) Applesauce(0) Cal:860 Carb:87 Na:549
21 French Onion Chicken(420) Mashed Potatoes(23) California Blend Veg(34) Dinner Roll9100) Chocolate Pudding(135) Cal:721 Carb:81 Na:847		**23** White Bean & Chicken Chili(198) Vegetable Medley(54) Whole Grain Biscuit(370) Mandarin Oranges(5) Cal:744 Carb:85 Na:858		**25** **HOLIDAY- NO MEALS**
28 Turkey Meatballs in Sauce*(532) Cheese Tortellini(200) Carrots(160) Wheat Roll(150) Tropical Fruit(5) Cal:798 Carb:84 Na:1182		**30** Shrimp in Sundried Tomato Sauce*(529 Whole Grain Pasta(4) Broccoli(38) Dinner Roll(100) Pound Cake w/Blueberries(240) Cal:663 Carb:95 Na:1046		**If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.**