

MARCH 2026 PALMER Greater Springfield Senior Services, Inc. Community Dining Menu Updated 02/06/2026 For Reservations or Cancellations call by 11:30 a.m. the day before at the site you attend.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Piccata*(518) California Blend Veg(17) Rice Pilaf(218) Italian Bread(230) Reg(70)/Diet Cookies(70) Cal:759 Carb:114 Na:1193	3	4 Chicken Fajitas*(653) Fajita Blend Vegetables(3) Yellow Rice(192) Sour Cream(9) Flour Tortilla(170) Fresh Fruit(1) Cal:695 Carb:97 Na:1154	5	6 Mac & Cheese (296) Stewed Tomatoes(205) Whole Wheat Bread (150) Cranberry Juice (3) Mixed Fruit(5) Cal:643 Carb:96 Na:798
9 Jamaican Jerk Style Chicken(489) Collard Greens(135) Coconut Rice(171) Oatnut Bread(150) Fresh Fruit(2) Cal:845 Carb:106 Na:1087	10	11 BIRTHDAY MEAL Braised Pork w/Apple Gravy(276) Steamed Peas(97) Roasted Red Potatoes(22) Whole Wheat Bread(150) Sheet Cake(223) Cal:958 Carb:121 Na:870	12	13 Eggplant Parmesan*(487) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Chilled Peaches(1) Cal:826 Carb:104 Na:1168
16 Chicken & Gravy(408) Steamed Peas(58) Mashed Potatoes(26) Whole Wheat Bread(150) Reg(70)/Diet Cookies(70) Cal:582 Carb:75 Na:892	17	18 ST.PATRICK'S DAY/HIGH SOD.MEAL Corned Beef*(911) Cabbage & Carrots(110) Red Bliss Potatoes(6) Rye Bread(150) Mustard(55) Pistachio Pudding(110)/Topping(12) Cal:552 Carb:68 Na:1495	19	20 Fish Chowder(421) Green Beans(3) Oyster Crackers(160) Pineapple(1) Cal:582 Carb:76 Na:725
23 Chicken Pot Pie(269) Collard Greens(135) Biscuit Topping(188) Mixed Fruit(5) Cal:588 Carb:58 Na:737	24	25 Coconut Curry Meatballs(451) Cucumber Mint Salad(76) White Rice(4) Multigrain Bread(200) Pear Crisp(47) Cal:887 Carb:100 Na:893	26	27 SOUP & SANDWICH DAY Deviled Egg Salad(357) Lettuce/Tomato(5) Creamy Tomato Soup(204) Wheat Hamburger Bun(227) Mandarin Oranges(7) Cal:745 Carb:65 Na:940
30 Mediterranean Style Turkey*(517) Herbed Cauliflower Couscous(6) Whole Wheat Bread(150) Reg(70)/Diet Cookie(70) Cal:517 Carb:63 Na:840	31	Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na). Menu subject to change without notice. Suggested voluntary donation \$3 per meal	Key for Symbols: Na= Sodium *= Sodium Content(>500mg) (mg) = Sodium content of item Cal= Calories Carb= Carbs	If you have a special concern regarding sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.