

April 2026

PALMER

Greater Springfield Senior Services, Inc.

Community Dining Menu 03/06/2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Total Sodium &amp; Calories include regular dessert, milk(125mg Na) &amp; margarine(15mg Na).</b></p> <p><b>Suggested voluntary donation \$3/meal</b></p> <p><b>Menu subject to change without notice.</b></p>	<p><b>If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X1136 for more information.</b></p> <p><b>Key for Symbols:</b> Carb= Carbohydrate Na= Sodium *Sodium content(&gt;500mg) Cal= Calories Sodium (mg)</p>	<p><b>1 COLD PLATE</b> Cape Cod Tuna Salad(237) Broccoli Slaw(119) Bowtie Pasta Salad(34) Club Roll(340) Reg(17)/Diet Jello(35) w/Topping(12) Cal:772 Na:88/86 Na:900</p>	<p><b>2</b></p>	<p><b>3</b></p> <p><b>NO MEAL SERVICE</b></p>
<p><b>6 SPRINGTIME MEAL</b> Ham w/Pineapple (426) Green Beans(5) ½ Baked Sweet Potato(22) Wheat Roll(210) Cheesecake(297)</p>	<p><b>7</b></p>	<p><b>8 COLD PLATE/HIGH SODIUM DAY</b> Turkey &amp; Provolone(493) Tomato Soup(204) Macaroni Salad(294) Club Roll(340) Chilled Applesauce(14)</p>	<p><b>9</b></p>	<p><b>10</b> Beef Taco Bowl(156) Tossed Salad(12) w/Ranch(112) Yellow Rice(192) Tortilla Chips(46) Fresh Fruit(2)</p>
<p>Cal:643 Carb:105 Na:1100</p>		<p>Cal:848 Carb:80 Na:1485</p>		<p>Cal:624 Carb:60 Na:659</p>
<p><b>13</b> Pierogis(440) Sautéed Cabbage(36) Parslied Carrots(62) 12 Grain Bread(115) Reg(17)/Diet Jello(35) w/Topping(12)</p>	<p><b>14</b></p>	<p><b>15</b> Turkey Breakfast Sausage(367) Spiced Apples(20) Potatoes O'Brien(29) Syrup(23) French Toast Bites(270) Fresh Fruit(2) Orange Juice(26)</p>	<p><b>16</b></p>	<p><b>17</b> Hamburger w/Chz(422) Ketchup(82) Onions &amp; Mushrooms(96) Roasted Red Potatoes(29) Wheat Burger Bun(227) Chilled Pineapple(1)</p>
<p>Cal:589 Carb:86 Na:916</p>		<p>Cal:794 Carb:130 Na:872</p>		<p>Cal:711 Carb:89 Na:997</p>
<p><b>20</b></p> <p><b>HOLIDAY- NO MEALS</b></p>	<p><b>21</b></p>	<p><b>22 BIRTHDAY MEAL/HIGH SODIUM</b> BBQ Chicken*(868) Potato Salad(215) Steamed Corn(4) Cornbread(180) Sheet Cake(215)</p>	<p><b>23</b></p>	<p><b>24</b> Butter Crumb Fish(296) Tossed Salad w/Italian(110) Lemon Rice(19) Whole Wheat Bread(150) Fresh Fruit(1)</p>
		<p>Cal:892 Carb:114 Na:1396</p>		<p>Cal:665 Carb:79 Na:843</p>
<p><b>27</b> Mac &amp; Cheese (296) Stewed Tomatoes(205) Whole Wheat Bread (150) Cranberry Juice (3) Mixed Fruit(5)</p>	<p><b>28</b></p>	<p><b>29</b> Rosé Chicken*(531) Parslied Carrots(62) Penne Pasta(22) Whole Wheat Bread(150) Fresh Fruit(1)</p>	<p><b>30</b></p>	
<p>Cal:643 Carb:96 Na:798</p>		<p>Cal:527 Carb:74 Na:780</p>		